



Aktion Gesunder Rücken e. V.

**Simple functional gymnastic exercises
to strengthen your muscles**

Exercises on the exercise mat 2

AGR
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Exercise 1:

Half squat

Starting position: standing upright.

Exercise: keeping your body upright, push your pelvis back and slowly bend your knees to 90 degrees.

Variation: lock your hands behind your neck, do the exercise close to a wall or bend your knees even lower while keeping good control. Repeat 8 to 15 times.



Exercise 2:

Tabletop

Starting position: all-fours.

Exercise: raise first one arm, then one leg, then raise them across the diagonal, without changing your position.

Variation: bring the elbow and knee of the diagonal extremities together under your body. Repeat 8 to 15 times and do the exercise three times on each side.



Exercise 3:

Forearm press-up

Starting position: forearm press-up.

Exercise: Press-up on your forearms, shoulders and hip axis in stable parallel position. Hold position.

Variation: Raise arm or leg stretched from the floor. Repeat 8-15 times with three series on each side.



Exercise 4:

Thoracic spine rotation

Starting position: all-fours. Hands on the floor, shoulders pulling away from your ears, long neck, breastbone raised at the front.

Exercise: raise your arm to the side and rear. Your thumb points to the ceiling or to the rear, turn your head and thoracic spine so that you look at your hand, keeping the lower part of your body still. Repeat 16 times, then change sides.