



Aktion Gesunder Rücken e. V.

Exercises for strengthening the muscles

Exercises with the Pendel Ball

AGR
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Exercise 1:

Strengthens all your rear muscles

Lie on your back in a bridge position with the upper part of your body on the Pendel Ball. Hold your hands to the right and left of your head. Now push the weight of your body over the Pendel Ball toward your feet. Hold your body tension and do not lower your buttocks. Repeat about 15 times. Do the exercise 3 times.



Exercise 2:

Strengthens your abdomen muscles

Lie on your back on the Pendel Ball. Hold your hands to the right and left of your head and raise the upper part of your body slightly. Stay in this position and lift your legs alternately from the floor. Repeat about 15 times each side. Do the exercise 3 times.



Exercise 3:

Strengthens all the torso muscles

Assume a press-up position with your legs on the Pendel Ball. Make sure that the middle of your body is firm and stable and push yourself up from your shoulder joints. Now pull your calves in – the Pendel Ball comes closer – then stretch your legs out again to the starting position. Repeat about 10-15 times. Do the exercise 3 times.



Exercise 4:

Strengthens all the torso muscles, legs

Sit upright on the Pendel Ball. Hold your legs in a stable position a step apart. Stretch your arms turned outwards. Now stand up from this position with good control, then sit down on the Pendel Ball again. The upper part of your body remains stable. Your abdomen

muscles are activated. Repeat about 15 times. Do the exercise 3 times.