



Aktion Gesunder Rücken e. V.

Exercises for strengthening the muscles

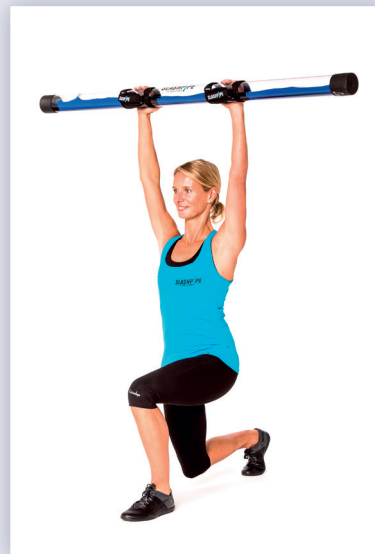
Exercises with the Slashpipe



Exercise 1:

Kayaking
Muscle group: kayaking is an exercise for strengthening the muscles in your back and is used for warming up and cooling down.
Starting position: take one step forward, feet wide apart, hold the SLASHPIPE at shoulder width, arms slightly bent.
Movement: move the SLASHPIPE

with a flourish from left to right. The exercise looks like kayaking.



Exercise 2:

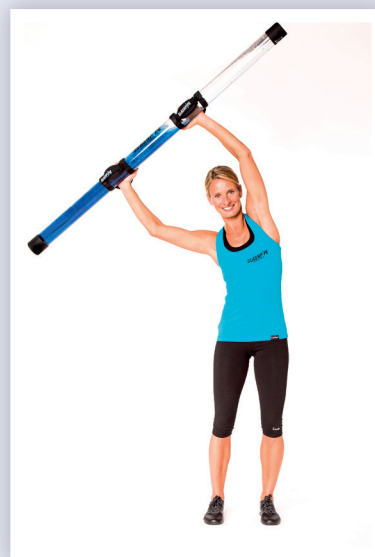
Take one step forward
Muscle group: this is an exercise for strengthening the muscles in your legs and buttocks.
Starting position: stand with your feet wide apart, on your toes for your rear foot, looking straight ahead.
Movement: move your lower knee down but do not

touch the floor. Do not push your front knee over your foot. Keep your back upright. Change sides.



Exercise 3:

Crunch
Muscle group: the classic exercise for your abdomen. The crunch is an exercise for strengthening the straight muscles in your abdomen.
Starting position: lie on your back with your legs bent. SLASHPIPE in front of and over your body with your arms slightly bent.
Movement: Move the top part of your body to raise the SLASHPIPE, tensing the muscles in your abdomen.



Exercise 4:

Side tilt
Muscle group: the side tilt is an exercise for strengthening the oblique muscles in your abdomen and your back muscles.
Starting position: spinal column upright, stand with your feet wide apart, arms slightly bent, SLASHPIPE above your head.
Movement: sideways tilt of the

SLASHPIPE to one side, as far as possible without feeling pain. Change sides.