



Aktion Gesunder Rücken e.V.  
**Various back exercises**

# Exercises for a strong back

AGR  
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## Exercise 1:

**The shoulder bridge:**  
 gentle stretching for spinal column and neck

Lying on your back, position your feet spaced a step apart and so that you can just touch your heels with your fingertips. While breathing in, raise your arms over your head or spread them out at shoulder height and raise your buttocks. Hold the tension and breathe deeply a few times in and out. Then bring your arms back to the side of your body and lower your buttocks to the floor.



## Exercise 2:

**Prone position:**

strengthens and invigorates your back  
 Take up the prone position, place your forehead on the back of your left hand and stretch your right arm out ahead of you in extension of your body; tense your buttocks. While breathing in, raise your right arm, your left leg and your head, pressing yourself up off the floor with your left arm and right thigh. Repeat three to four times, then change sides.



## Exercise 3:

**Swivel seat:**

stretches and relaxes the muscles in your back

Sit in an upright position (beginners on a chair/stool with their feet on the floor, those with more experience cross-legged on the floor or in the lotus position), hands on your knees, stretch your spinal column and breathe in deeply. While breathing out, place your left hand on your right knee and turn the upper part of your body to the right. Place your right hand on the floor behind your pelvis. While breathing in, stretch your spinal column, increasing the stretching effect when you breathe out. Hold for a few breaths, then repeat with the other side.



## Exercise 4:

**Set of exercises for your back: activates your spinal column and shoulders**

(1) Start by sitting on your heels, then lean forward with your chest on your thighs and forehead on the mat; stretch your arms out to the front. (2) While breathing in, stretch the top part of your spinal column, raise your chest and head, stretching your neck. (3) While breathing out, assume the all-fours position and arch your back. (4) Next time that you breathe in, lower the middle of your spine to form a hollow back, expanding your chest. (5) Only for those with more experience: while breathing out, position your feet securely on the mat and assume the downward dog pose. Make sure your back is stretched; you can bend your knees slightly if that feels better. Hold the pose for a few breaths. (6) Then lower your knees to the floor and assume the all-fours position. Now start the exercise again from the beginning and repeat five times.