

Aktion Gesunder Rücken e. V.

## Simple back exercises for everyday use

### Using the exercise bar:

The exercise bar is ideal for strengthening and stretching the shoulder muscles. It is also suitable for enhancing your own bodily awareness. Hold the bar vertically on your back with both hands. Do the back of your head, your thoracic spine and your pelvic touch the bar? If so, then at least your spinal column is straight.

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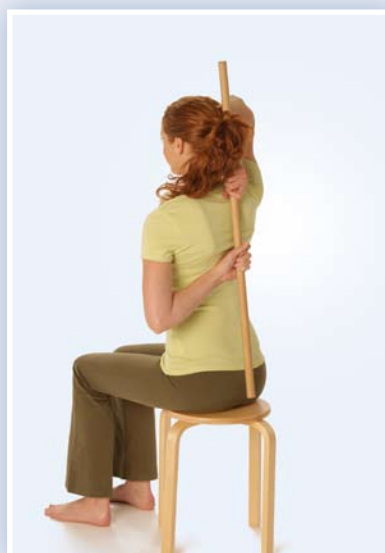
### Exercise 1:

#### Strengthens the shoulder and back muscles

Sitting upright on a chair, tip your pelvis slightly forwards and raise your breast-bone.

Now grasp the exercise bar with both hands and stretch your arms vertically over your head. Tilt the upper part of your body forwards and turn it with small, relatively fast movements alternately from right to left. Perform the movements for approx.

30 seconds and make sure that your back stays straight.



### Exercise 2:

#### Stretches the shoulder muscles

Now sit in an upright position again and grasp the bar at both ends.

Take the bar vertically behind your back and try to move your hands as close together on the bar as possible. Hold the position for approx. 10 seconds, then change the arms.



### Exercise 3:

#### Stretches the chest muscles

Grasping the bar with both hands, lift your arms with the elbows bent. Now move your arms and the bar slowly backwards to different heights. Do this exercise for one minute.



### Exercise 4:

#### Strengthens the arm and shoulder muscles

Sitting in an upright position, stretch the bar horizontally to the front. Now try to pull the bar apart and then push it back together again. Repeat the movements for one minute.