



Aktion Gesunder Rücken e. V.

Exercises for strengthening the muscles

Exercises with the Dynair Pro

AGR
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Exercise 1:

Strengthens all the muscles in your back, buttocks and at the back of your thighs

Lie down on your back with your knees bent and your heels on the Dynair Pro. Now slowly raise your buttocks so that your pelvis is in line with your knees. Hold this position and make sure your buttocks do not lose height. Then slowly lower your buttocks again. Repeat about 15 times.



Exercise 2:

Strengthens the abdomen muscles

Sit up straight on the Dynair Pro. Your body centre is slightly behind the middle of the ball cushion. Raise your hands to each side of your head and lean back slowly, stretching the upper part of your body. Breathe out as you lean back and in again as you straighten up. Repeat about 15 times. Do the exercise 3 times.



Exercise 3:

Strengthens the side torso muscles

Push yourself up sideways with your forearm on the Dynair Pro. Make sure that your elbow is positioned vertically under your shoulder on the middle of the cushion. Your pelvis points straight ahead and your body is in line. Now raise your upper arm and upper leg. Hold this position briefly, then repeat about 10-15 times. Do the exercise 3 times on each side.



Exercise 4:

Strengthens your whole body

Turn the Dynair Pro so that the plate is at the top and assume a press-up position. Your body is stretched in line. Your abdomen muscles are activated. Move your bodyweight from right to left. Repeat 15 times each side. Do the exercise 3 times.