

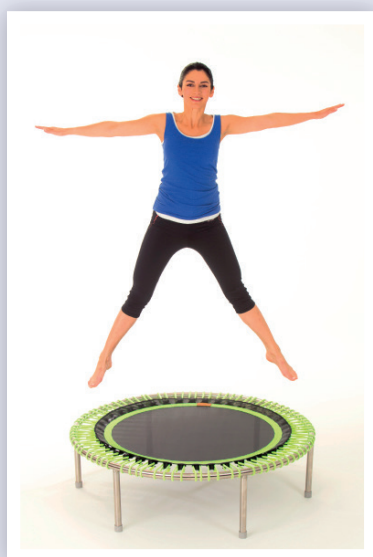
Aktion Gesunder Rücken e. V.

## Various back exercises

# Exercises on the bellicon mini-trampoline



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### Exercise 1:

#### Jumping

Start with a jumping-jack movement, i.e. with each jump, spread your legs and arms away from your body, returning to your starting position with the next jump. Now keep your arms by your sides while stretching your legs. Change the rhythm

again and now bounce with both legs.

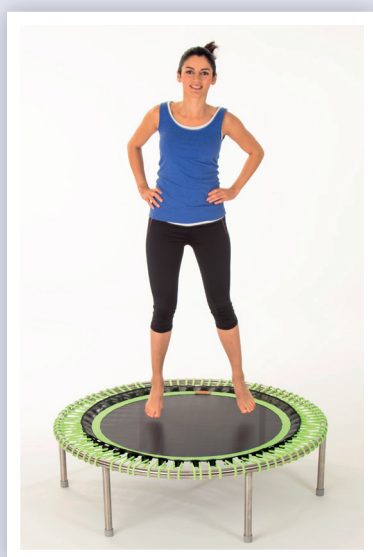


### Exercise 2:

#### Twist

Make the bouncing more intensive and turn your legs alternately to the left and right each time you're in the air. Keep the upper part of your body still with your arms stretched out to the side. Now make the exercise more intensive by

swinging your arms at the same time. Gradually reduce the bouncing effect.



### Exercise 3:

#### Rotate

Start bouncing with both legs; keep turning your body through a quarter rotation to the left until you get back to your starting position. Now turn your body in the other direction. Make the exercise more intensive by turning half a rotation to the left and then to the right again.

Repeat the exercise several times. Finish

the exercise and gradually reduce the bouncing effect.



### Exercise 4:

#### Swing & breathe

Lie on the trampoline, pull your legs up to your body and start to swing gently. Start to make a circular movement with your knees bent, in clockwise and counterclockwise direction. Now put your feet on the edge of the trampoline and place your hands on your abdomen. Breathe freely and deeply in and out.