

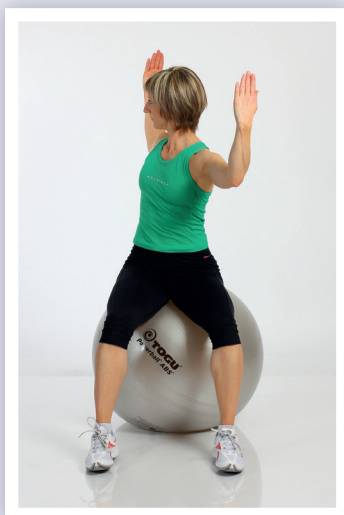


Aktion Gesunder Rücken e. V.

Exercises for stretching and strengthening the muscles

Exercises with the Powerball 2

AGR
Aktion Gesunder Rücken e.V.



Exercise 1:

Strengthens the lateral torso muscles

Sit upright on the Powerball. Hold your legs in a stable position a step apart. Raise your arms to shoulder level and bend them upright at the elbows. Now turn your body toward the rear along your longitudinal axis, alternately to either side. Keep your shoulders

down and turn your head in line with your body. Repeat about 10 to 12 times each side. Do the exercise 3 times.



Exercise 2:

Strengthens your arms and all the torso muscles

Assume a press-up position with your legs on the Powerball. Make sure your hands are perpendicular under your shoulders. The middle of your body is straight and stable. Now assume a low press-up position, then push yourself up again. Repeat about 12 to 15 times. Do the exercise 3 times.



Exercise 3:

Strengthens the straight back extensor muscles

Take up a prone position over the Powerball ABS. Your legs are in an open, stable position. Lie with the all the upper part of your body over the ball. Hold your hands to the right and left of your head. Now raise your back until the upper part of your body is in line with your legs. Keeping looking straight down. Repeat 12 to 15 times. Do the exercise 3 times.



Exercise 4:

Stretches your complete chest / front of your torso

First sit on the ball, then roll slowly and with good control until you are lying on your back with the ball directly under your back and your head hanging down gently. Raise your arms at the side and enjoy the feeling when completely stretching your abdomen and chest muscles. Relax your shoulders so that your chest can open and stretch the muscles in the front of your body. Approx. 30 seconds.