

Aktion Gesunder Rücken e. V.

Simple back exercises for everyday use

Using the exercise mat:

Simple functional exercises to strengthen the muscles.

AGR
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Exercise 1:

Strengthens the side torso muscles

Lie down on your side, supporting yourself with your left arm; pull your left leg up at an angle. Stretch your right arm over your head. Lift and stabilise your hips. Hold the tension until your muscles start to tire. Then change to the other side.



Exercise 2:

Trains the back muscles

In the quadrupedal position, stretch your right arm and left leg in the diagonal, looking at the floor. Repeat the exercise about 10 times, then change arms and legs.



Exercise 3:

Stretches your back

Lie relaxed on your back and grasp your knees with both hands. Carefully pull your knees towards the upper part of your body. Hold the tension for one minute.



Exercise 4:

Strengthens the gluteal muscle

Kneeling on the floor, bend the upper part of your body forwards and support yourself on your lower arms. Now push your left ankle vertically towards the ceiling, with the knee and foot joint angled at 90°. Repeat the exercise about twice per leg until the muscles start to tire.