1. Sit up straight on a chair
   - Round your back and sit up straight again
   - Press your shoulders down and move your elbow backwards (shoulder blades together)
   - Hold this position for 15-20 seconds

   Practicing: 3 rep., with 30 s pause between

2. Lie on your back with your arms by your sides and your head relaxed on the ground
   - Bend your knees with your feet flat on the floor
   - Now raise your hips to create a straight line from your knees to your chest, hold for 2-3 seconds
   - Then slowly lower your back to the ground and repeat the exercise

   Practicing: 10-12 rep., 2 sets

3. Advanced exercise: same starting position with your feet flat on the ground and your knees bent at a right angle
   - Lift up your hips to create a straight line from your knees to your chest
   - From this position extend one leg briefly and then place its foot back next to the other feet
   - Now extend the other leg and place it back
   - Lower your hips to the ground and repeat the exercise
   - Make sure your breathing slowly and regularly

   Practicing: 8-10 rep., 2 sets
Exercises

4

- Stand with your feet hip-width apart
- Keep your back straight (avoid a hollow-back)
- Hold an individual weight in each hand (e.g. a water bottle)
- Slowly move your arms up and down in front of you
- Alternative exercise: move your arms slowly up and down in opposite directions

Practicing: 10-12 rep., 3 sets

5

- Come to a hands and knees position (quadruped position)
- Head to a horizontal position, face the floor
- Extend one leg and bring it in line with your back (hold this position for 2 seconds)
- Keep your back straight (avoid a hollow back) by tensing your abdominal muscles
- Come back to the starting position and extend the other leg (hold for 2 seconds)

Practicing: 8-10 rep with both legs, 3 sets

6

- From the same starting position (quadruped position): lift one arm at a horizontal position
- Hold this position for 2 seconds and make sure to keep your back straight and face the floor
- Advanced exercise
- Extend one leg while lifting your diagonal arm and briefly hold this position
- For repetition change your arm and leg

Practicing: 8-10 rep with both sides, 3 sets
Exercises

7. Stand up comfortably
   - Gently, tilt your body to the left and to the right side
   - Hold it for a few seconds on each side
   - Avoid evasive movements forwards or backwards

   Practicing: 10 rep. on each side, 3 sets

8. Sit on a chair with your back straight and your feet flat on the floor
   - Pull your shoulder blades together, with your arms going behind your torso (turn your palms outwards)
   - Hold this position for 5 seconds

   Practicing: 12 rep., 3 sets

9. Take an elastic band (or towel) and wrap it around your hands (no tension)
   - Hold your arms at a right angle and keep your elbows close to your body
   - Pull your hands apart at the same time (high tension), keep your elbows at your body
   - Your hands come back to the middle, briefly relax and start again
   - Make sure not to raise your shoulders

   Practicing: slowly 10-12 rep., 3 sets
**Exercises**

10

- Lie on your front with your legs stretched out
- Bend your elbows and lay your hands on your neck
- Hold this position briefly (for about 5 to 8 seconds)
- Lower your elbows and arms back to the ground, breathe one time and repeat

*Practicing: 6-8 rep., 2 sets*

11

- Alternative exercise: same starting position
- Bend your elbows to approximately 90 degree
- Lift your arms and bring your shoulder blades together
- Hold this position briefly (for about 5 to 8 seconds)
- Advanced position: keep both arms straight over your head at a horizontal position

*Practicing: 6-8 rep. for each exercise, 2 sets*

12

- Lie on your back at a bent knee position with your arms by your sides and your head relaxed on the floor
- Tense your abdominal muscles, optionally put your hands under your hips for stabilization
- Extend one leg and bring it in a cycling movement (3 to 5 times)
- Then perform with your other leg
- After that you can do it with both legs alternating at same time (cycling movement)

*Practicing: “cycling” for 10-15 seconds, 3 sets*
Exercises

- Lie on your back and then lean on your elbows and forearms
- Raise your hips from the ground and hold this position for a few seconds
- Lower your hips to the ground and then repeat the exercise
- Make sure your breathing slowly and regularly

Practicing: 8-10 rep., 2 sets