



### Back extensor with counter-movement

You are in a quadrupedal position. Extend your left leg and right arm. Build body tension by tensing stomach and buttocks. Hold this position. Now perform the counter-movement by pulling the right elbow to the knee underneath the body. Hold this position. Now move back to the stretched out position. Change sides after 5 repetitions.



### Torso lift

Lie on your stomach and bend your arms into a U-shape. Now slightly lift your torso and feet while looking at the floor. Hold this position for approx. 10 seconds before lowering your arms and feet. Place a towel underneath your stomach to avoid a hollow back.



### Pelvis lift

Lie on your back and place your arms next to you. Your feet should be parallel to one another and shoulder-width apart. Now point your toes upwards and shift your body weight onto your heels. Now lift your pelvis up. Upper body and thighs form a straight line. Without letting your buttocks rest on the floor, make slow and controlled up and down movements.



### Frontal thigh stretches

Lie on your side and either place your head on the mat or support it. Either extend the lower leg or hold it at a slight angle. Tense stomach and buttocks, grasp the upper leg by the ankle and pull it back. Hold this position for at least 10 seconds and then change sides.



### Abdominal press

While lying on your back bend your legs at a 90 degree angle. Your hands support the cervical spine. Lift your upper body slowly and without swinging. Hold this position for a few seconds. Then slowly lower your body. Repeat this exercise 3 times with 10 repetitions each.