

EXERCISE OF THE WEEK 5 STRENGTHENING AND STIMULATION OF BLOOD FLOW IN THE LOWER EXTREMITIES

Get fit at work



Office-Syndrom?

Headache

Neck Pain

Shoulder pain

Backache

Dann hilft die Übung der Woche!

KNSU
KOMPETENZNETZWERK SPORTUNTERRICHT

AHS
Allgemeiner HochschulSport in Koblenz



UNIVERSITÄT
KOBLENZ · LANDAU



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Cooperative Project of AHS and KNSU

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Overview

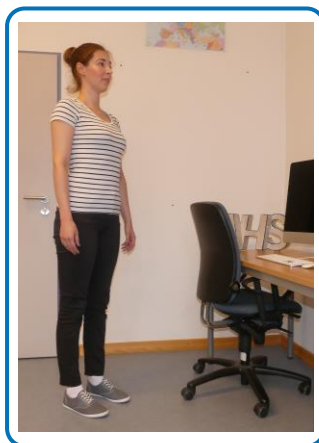
- **Exercise card week 5**
 - **Strengthening and stimulation of blood flow in the lower extremities (3)**
 - Exercise 5: Knee lift
 - **Videos (in German)**
 - Cardiovascular stabilisation (5)
- **List of references**

EXERCISE CARD WEEK 5

Strengthening and stimulation of blood flow in the lower extremities

Exercise 5 Knee lift

Starting position/ SP 1 -1.1



- 1 Do a few steps on the spot to loosen up your body.
- 1.1 Get into a relaxed upright standing position. Your feet are one foot wide apart and your arms hang down loosely at the side of your body.
- 2 Lift your knees to your waistline and place your foot back down, alternate the sides; swing your arms mirror-invertedly. Keep your hands relaxed and either open or in a fist; your elbow and shoulder joints move with your arms.






Do 3 sets of 1 minute for this exercise. Rest for 30 seconds between the sets.



5

Knee lift

|  5 | Sequence | Tips |
|--|--|--|
| <p>Function</p> <ul style="list-style-type: none"> • Strengthening the lower extremities <p>Stimulation</p> <ul style="list-style-type: none"> • Cardiovascular system | <p style="text-align: center;">SP EP</p> <div style="text-align: center;">  <p>1 - 1.1</p>  <p>2</p> </div> <p style="text-align: center;">1 minute for every set; 30 seconds rest between the sets; 3 sets</p> | <p>1. Do a few steps on the spot to loosen up your body.</p> <p>1.1 Stand upright, but relaxed with your feet one foot apart.</p> <p>2 Lift your knees to your waist-line, then down again; alternate the sides; swing your arms mirror-invertedly.</p> |

List of references

Illustrations / images

| Number | Creator |
|------------|------------------|
| All images | Caroline Richter |

Videos

| Number | Creator |
|--------|---|
| 5 | Caroline Richter / Narrator: Frank Uwe Heinze |

German narration and music

| Video | Narrator/Composer | Music title |
|-------|-------------------|------------------|
| 5 | Frank Uwe Heinze | Enjoy the Moment |

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