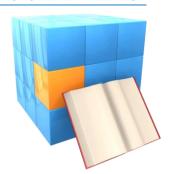


# EXERCISE OF THE WEEK 6 STRENGTHENING AND STIMULATION OF BLOOD FLOW IN THE LOWER EXTREMITIES



# Get fit at work







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### Cooperative Project of AHS and KNSU

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# **Overview**

- Exercise card week 6
  - Strengthening and stimulation of blood flow in the lower extremities (4)
    - Exercise 6: Lunge with rotation of the upper body
  - Videos (in German)
    - Stabilisation of trunk and knee through rotation of the upper body (6)
- List of references



# **EXERCISE CARD WEEK 6**

# Strengthening and stimulation of blood flow in the lower extremities

# Exercise 6 Lunge with rotation of the upper body

### Starting position/SP 1

- Stand upright but relaxed.
- Keep your feet one foot wide apart and let your hands hang down loosely at the side of your body.
- Do a few steps on the sport to loosen up your body.







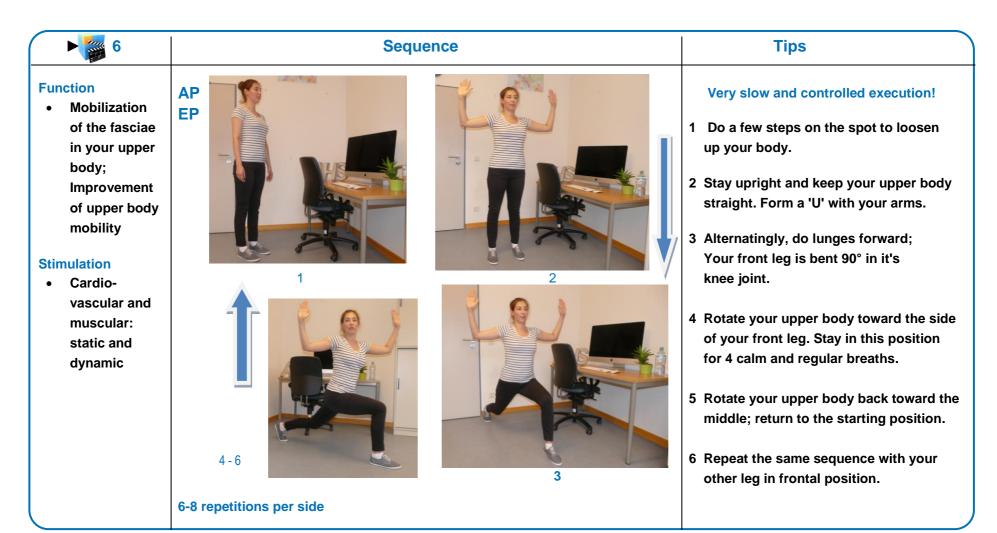
- 2 Form a 'U' with your arms. Your feet should be one foot wide apart.
- 3 Take a big step forward and perform alternating lunges. The front leg can be bent up to 90° in the knee joint. Try to keep your back leg as extended as possible. Then do a lunge forward with one leg.
  - Your lower front leg should stay vertical to the ground, with the result that your knee will not be pushed in front of your foot.
- **4** When reaching the end position (EP), rotate your upper body toward the side of your front leg. Stay in this position for 4 calm, regular breaths.
- **5** Rotate your upper body back toward the middle and return to the starting position.
- 6 Repeat the exercise with your other leg. ►
- ! Do not bob up and down while switching positions. Movement should be well controlled and be a result of the force of your thigh muscles of the frontal leg. Repeat the exercise X times per side.

In case you experience any pain, stop performing the exercise or try not to bend your knees as much.





# Lunge with upper body rotation





# **Right - Wrong**



# Right

# Wrong



- hollow back
- looking upward
- knee too far forward





# **List of references**

# Illustrations / images

N	lumber	Creator
	II images	Caroline Richter

# **Videos**

Number	Creator
6	Caroline Richter / Narrator: Frank Uwe Heinze

# **German narration and music**

Video	Narrator/Composer	Music title
6	Frank Uwe Heinze	Enjoy the Moment

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