

EXERCISE OF THE WEEK 6 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

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. ▶  6

! 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

 6	Sequence	Tips
<p>Function</p> <ul style="list-style-type: none"> • Mobilization of the fasciae in your upper body; Improvement of upper body mobility <p>Stimulation</p> <ul style="list-style-type: none"> • Cardio-vascular and muscular: static and dynamic 	<p>AP EP</p>  <p>1</p>  <p>2</p>  <p>3</p>  <p>4-6</p> <p>6-8 repetitions per side</p>	<p>Very slow and controlled execution!</p> <ol style="list-style-type: none"> 1 Do a few steps on the spot to loosen up your body. 2 Stay upright and keep your upper body straight. Form a 'U' with your arms. 3 Alternatingly, do lunges forward; Your front leg is bent 90° in it's knee joint. 4 Rotate your upper body toward the side of your front leg. Stay in this position for 4 calm and regular breaths. 5 Rotate your upper body back toward the middle; return to the starting position. 6 Repeat the same sequence with your other leg in frontal position.



Right - Wrong

Right



Wrong

- hollow back
- looking upward
- knee too far forward



List of references

Illustrations / images

Number	Creator
All 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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