

EXERCISE OF THE WEEK 7 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 7**
 - **Strengthening and stimulation of blood flow in the lower extremities (5)**
 - Exercise 7: Dynamic lunge
 - **Videos (in German)**
 - Knee stabilisation 1 (7)
- **List of references**


EXERCISE CARD WEEK 7

Strengthening and stimulation of blood flow in the lower extremities

Exercise 7 Dynamic Lunge

Starting position/ SP 1







- 1 Standing upright, do a few steps on the spot to loosen up and to find your starting position.
- 2 Keep your upper body straight and get into a lunge position. Keep your torso upright for the entire exercise.
- 3 Alternatingly, perform lunges:
Your back foot stands on the ball of the foot. Your feet are hip width apart. Move one of your feet backwards into a lunge position. Keep the majority of your weight on the front foot, which rests on the entire sole. Lower your body dynamically, then raise it again. Let your arms swing naturally during the movement. Keep your front lower leg vertical to the floor, so that your knee stays right above your ankle and cannot be pushed in front.
- 4 If your right leg is in front, move your left arm forward while lowering your body. If your left leg is in front, move your right arm forward. Alternate your arm and leg movements smoothly. ▶  7

Do 3 sets of 10 repetitions each for both legs, alternating the sides smoothly.



Dynamic Lunge

 7	Sequence	Tips
<p>Function</p> <ul style="list-style-type: none"> Strengthening and stimulation of blood flow in the lower extremities <p>Stimulation</p> <ul style="list-style-type: none"> Cardio-vascular System 	<p>SP EP</p>  <p>1</p>  <p>2</p>  <p>3-4</p> <p>3x with 10 repetitions for each side</p>	<ol style="list-style-type: none"> 1 Standing upright, do a few steps on the spot to loosen up and to find your starting position. 2 Keep your upper body straight while getting into a lunge position. 3 Alternatingly, perform lunges. Lower your body dynamically, before raising it again. 4 While lowering your body bring your arms forward mirror-invertedly.



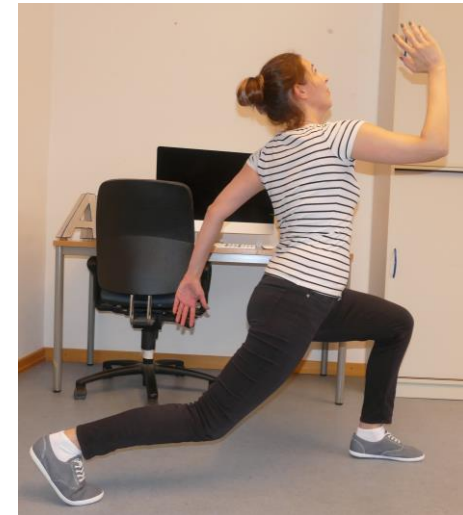
Right - Wrong

Right



Wrong

- Hollow back position
- Head tilted
- Looking up or down
- Arms and legs not moving mirror-invertedly



List of references

Illustrations / images

Number	Creator
All images	Caroline Richter

Videos

Number	Creator
7	Caroline Richter / Narrator: Frank Uwe Heinze

German narration and music

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

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