

# EXERCISE OF THE WEEK 8 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!






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KOBLENZ · LANDAU



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### Cooperative Project of AHS and KNSU

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## Overview

- **Exercise card week 8**
  - **Strengthening and stimulation of blood flow in the lower extremities (6)**
    - Exercise 8: Dynamic lunge for advanced trainees
  - **Videos (in German)**
    - Knee stabilisation 2 (8)
- **List of references**


# EXERCISE OF THE WEEK 8

## Strengthening and stimulation of blood flow in the lower extremities

### Dynamic lunge for advanced trainees

#### Starting position/ SP 1 - 2



- 1 Do a few steps on the spot to loosen up.
- 2 Standing upright, place your right foot onto the chair behind you and get into a lunge position. Keep your upper body straight.
- 3 Alternatingly, perform lunges:  
Your back foot stands on the ball of the foot. Your legs are hip width apart.  
Move one of your feet backwards into the elevated 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.  
Your upper body should be straight the entire time.
- 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. ▶  8

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





## Dynamic lunge for advanced trainees

8	Sequence	Tips
<p><b>Function</b></p> <ul style="list-style-type: none"> <li>• Strengthening and stimulation of blood flow in the lower extremities</li> <li>• Stabilisation of the frontal leg joints and training of the sense of balance</li> </ul>	<p><b>SP EP</b></p> <p>1 2 3 4</p> <p>3x with 10 repetitions for each side</p>	<ol style="list-style-type: none"> <li>1 Do a few steps on the spot to loosen up.</li> <li>2 Standing upright, place your right foot on the seat behind you and get into a lunge position. Keep your upper body straight for the entire exercise.</li> <li>3 Lower your body dynamically, then raise it again. While lowering your body bring your arms forward mirror-invertedly.</li> </ol> <p><b>Attention:</b> Only use stable chairs without rolls!</p>



## Right and Wrong

Right	Wrong
	<ul style="list-style-type: none"> <li>• Hollow back position</li> <li>• Head tilted</li> <li>• Looking up or down</li> <li>• Arms and legs not moving mirror-invertedly</li> </ul>
	

## List of references

### Illustrations/ images

Number	Creator
All pictures	Caroline Richter
Illustration: titel	www.colourbox.de (ID#18474676); modified by Jan-Holger Nahler

### Videos

Number	Creator
8	Caroline Richter / Sprecher: Frank Uwe Heinze

### German narration and music

Video	Narrator/ Composer	Track title
8	Frank Uwe Heinze	Enjoy the Moment

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