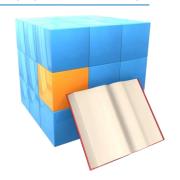


EXERCISE OF THE WEEK 8 STRENGTHENING AND STIMULATION OF BLOOD FLOW IN THE LOWER EXTREMITIES



Get fit at work







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Cooperative Project of AHS and KNSU

Authors: Frank Uwe Heinze, Caroline Richter

Translator: Philipp Hählke











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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 verticular 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 you right arm forward.
 - Alternate your arm and leg movements smoothly.▶



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



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Dynamic lunge for advanced trainees

Tips Sequence Function SP 1 Do a few steps on the spot to loosen up. Strengthening EP and stimula-2 Standing upright, place your right foot tion of blood on the seat behind you and get into a flow in the lunge position. Keep your upper body lower extremistraight for the entire exercise. ties Stabilisation of 3 Lower your body dynamically, then raise the frontal leg it again. joints and While lowering your body bring your training of the arms forward mirror-invetedly. sense of balance Attention: Only use stable chairs without rolls! 3x with 10 repetitions for each side



8

Right and Wrong

Right

Wrong

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





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

Creators of the article

Author	Counsellor	Institution
Frank Uwe Heinze		Physiotherapist Malicine (the Bondard
		Institute for Preventive Medicine of the Bundes- wehr/ Koblenz
Caroline Richter, Eva Keller/ students	Minnich, Marlis	Institute of Sports Sciences, University of Koblenz-Landau, Campus Koblenz
Jan-Holger Nahler	Bauer, Sabine	Head of the AHS, Universität Koblenz - Landau,
		Campus Koblenz

Translation

Translator	Counsellor	Institution
Cali Burton /	Philipp Hählke	Institute of Sports Sciences, University of Koblenz-
student	/student	Landau, Campus Koblenz

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