

Course Materials

Workout “Mobility”

Movement, coordination and balance



Contents

- Ten different exercises and how to do them



Note

The repetitions and times can be arranged and designed according to your individual ability.

You should not feel pain during any exercise. A little stretching is fine. However, if it feels too strong, it often helps to simply stretch the affected body part a little less. ☺



1 Arm circles: forward, backward & opposite direction →
5 reps in each direction



2 Hip circles: 10 seconds in each direction



3 Leap forward, landing on one leg

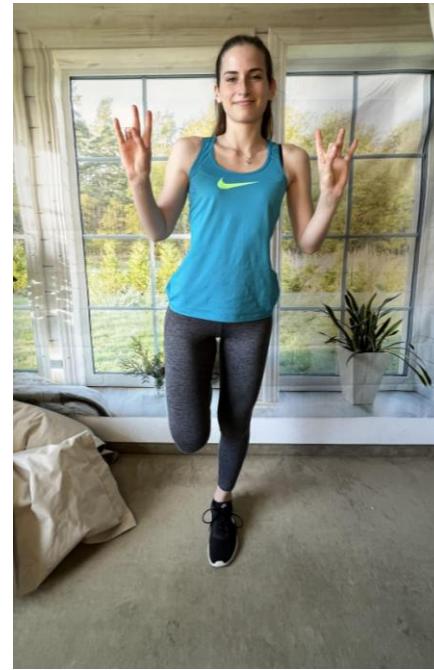


Feel free to bend your knees a little deeper and keep balance for a moment!

- 4 Standing on one leg, "go through" the fingers: Start with hand 1: thumb on index finger and hand 2: thumb on little finger
→ 4 reps per side



Start



5 Lunges with upper body rotation: 5 reps per side



6 Side lunges: 7 reps per side



- 7 Walk on the spot → then stand on one leg, hold the head pressed back into the nape of the neck, close eyes and finally squat down:
5 reps per side



8 Toes standing up and down: 20 seconds



9 Superman: 8 reps per side



10 Standing balance: 2 reps per side and hold for 5 seconds each



Sources:

1. Schad, N.; Kaufmann, K. et al. (2022). Broschüre zu einem digitalen Aktionstag im Rahmen des Wahlmoduls Gesundheitsregionen im Wintersemester 2021/22 – Bewegung. [Brochure, Technical University of Munich].
<https://drive.google.com/file/d/14WWBSzSyGuRIlg9sC2Ic85tmfYm2A1qd/view?usp=sharing>

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