



Remote
Health

Course Materials

Workout „Strength“

Arms, Legs, Core



Content

- **Warm up**
- **Exercises with pictures**
 - Arms
 - Core
 - Legs

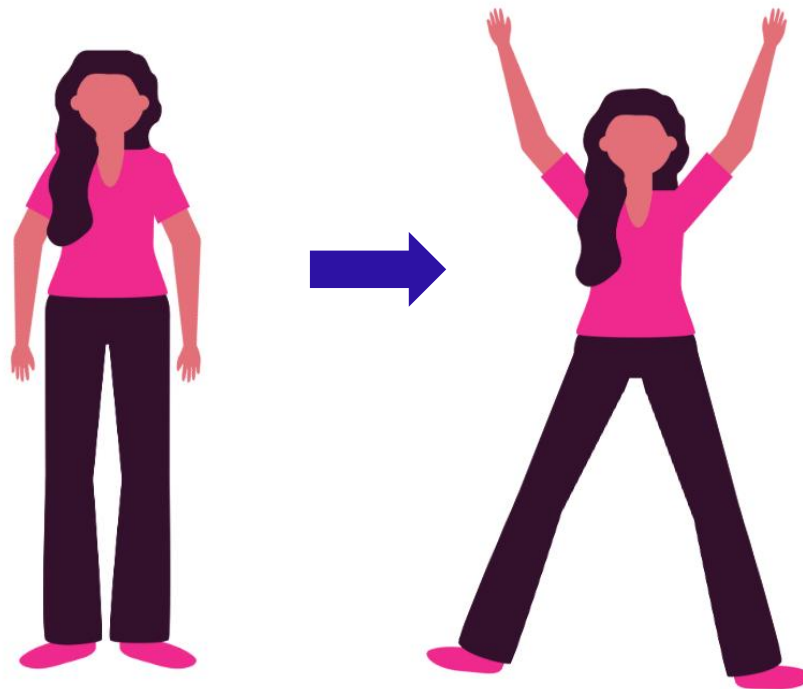
Warm up ^(1,2)



1 Circle your arms → 20 seconds



2 Jumping Jack → 20 seconds



3 Knee lift → 10 seconds



Run in place, bringing your knees up as high as possible.

Exercises with pictures ⁽²⁾

Unless otherwise stated:

**about 10-15 repetitions per exercise
and a total of 2 passes**

Arms

1 Pushups



Beginner



Advanced

Arms

2 Dips on chair



Arms

3 Bicepscurls using a water bottle (10 - 15 reps per side)



Arms

- 4 Extend your arms and quickly clench your fists several times



Core

5 Sit-ups



Core

6 Superman (hold 20 seconds)



Core

7 Plank (hold 20 seconds)



Core

8 Leg lift – 10-15 reps per side



Legs

9 Squats



Legs about hip-width apart, extend your arms in front of you and squat down to your knees. Make sure your heels stay on the floor.

Legs

11 Lunges (8-10 reps per side)



Legs

11 Bulgarian-Split-Squads on chair (8-10 reps per side)



Legs

12 Donkey Kicks (10-15 reps per side)



Sources:

1. das Leichtathletik-Portal - Das ABC der Leichtathleten (2) [Internet]. www.leichtathletik.de | Das Leichtathletik-Portal. [cited 2022 Aug 26]. Available from: <https://www.leichtathletik.de/training/grundlagen/das-abc-der-leichtathleten-2/bilder-galerie/detail/206719?cHash=de288e77960b3a1f757bc15056b695d0>
2. Schad, N.; Kaufmann, K. et al. (2022). Broschüre zu einem digitalen Aktionstag im Rahmen des Wahlmoduls Gesundheitsregionen im Wintersemester 2021/22 – Bewegung. [Broschüre, Technische Universität München]. <https://drive.google.com/file/d/14WWBSzSyGuRIIg9sC2Ic85tmfYm2A1qd/view?usp=sharing>

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