



### DEEP STABILIZING SYSTEM OF THE SPINE

#### Exercise 1:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Palms on your abdomen, spread your fingers so that your little fingers are in the groins and thumbs on the lower end of your ribs. Breathing in under the whole surface of your palms and fingers.

#### Exercise 2:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Put your palms on your waist your thumbs turned down, spread your fingers between the groins and lower ribs. Breathe in freely under all of your fingers your abdomen spreading into all sides like a cylinder. As soon as you breathe in under all of your fingers keep your abdomen expanded, your shoulders on the mat lift your bent right leg your knee reclined to the side and then put it back breathing freely. Then do the same with your left leg. Repeat several times.

#### Exercise 3:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Breathing into your lower abdomen and the sides of your trunk (like into a cylinder), put up your hands continuously behind your head (stretch yourself to the tips of your fingers), your loins and the ribs stabilized, your shoulders are away from your ears. Repeat several times.

#### Exercise 4:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Breathing into your lower abdomen and to the sides of your trunk, put up your hands continuously (your palms look at each other). Then lift your bent legs simultaneously (your heels a bit higher than your knees, which are reclined a bit). You keep your body fixed and rock from side to side, breathing freely.



### **Exercise 5:**

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Breathing into your lower abdomen and the sides of your trunk, put your arms up to the ceiling and the simultaneously lift your bent legs. Put your arms behind your head and your feet a bit further from your body. Your back remains on the mat and your shoulders away from your ears.

### **Exercise 6:**

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

Breathing into your lower abdomen and the sides of your trunk, put your hand up to the ceiling and then your left bent leg followed by your right bent leg. Join your soles together your knees go to the sides. Breathing out press the feet towards each other, breathing in release them. Repeat several times.

### **Exercise 7:**

Your hands leaned against the mat (in width of you shoulders) and your knees (in width of your hips), your shoulders broad and not sagging in your loins, stretch your head and keep your chin drawn to your neck. (If needed, underlay your wrists)

Being on your four leaning your knees and palms against the mat (knees are more apart than your hips, your heels are closer, your palms in width of your shoulders a bit forward), If necessary underlay your palms. Straighten your back, stretch your head breathing into the sides of your trunk and putting your trunk forward and back without sagging your loins or chest.

### **Exercise 8:**

Your hands leaned against the mat (in width of you shoulders) and your knees (in width of your hips), your shoulders broad and not sagging in your loins, stretch your head and keep your chin drawn to your neck. (If needed, underlay your wrists)

Being on your four leaning your knees and palms against the mat (your knees under your hips, your palms under your shoulders). Straighten your back, stretch your head breathing into the sides of your trunk, lift your opposite arm and leg a bit above the mat.

### **Exercise 9:**

Standing up, your feet in width of your hips in parallel position (you may also sit on a chair), your arms along the body and your head stretched, your chin slightly drawn to your neck, your shoulders are broad.



Co-funded by the  
Erasmus+ Programme  
of the European Union

## **Seniors to sport court, not to hospital**

Push aside slightly released knees. Breathe into the sides of your trunk (your palms on your waist – your thumbs backwards, your fingers spread on your abdomen). Put your weight on one foot, the other foot released or lifted a bit above the mat. Then do the same on the other side. Repeat several times.