



EXERCISES WITH YOUR BODY WEIGHT

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.

Lift one bent leg up, then add the other one, draw your knees near your chest and leave them a bit open. Place your hands on the outer side of your knees, press your knees against hands, keep your shoulders broad. Try to breathe into your abdomen freely and start rocking your trunk from one side to the other side. Your head stays stretched. When you are on the side, get into position supported on your hip joint and shoulder. Try to align your back with the mat and not fall over and lose the pressure of your hands against your knees and your knees against your hands. Repeat several times, stop on the back and one by one return your legs and arms on the mat.

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.

Stretch your arms behind your head. Try to keep your back on the mat and draw your lower ribs down. If you do not reach the ground with your arms, they will stay just about the ground. Breathing out try to draw your elbows from sides to your body (as if to your pelvis) and breathing in stretch again. . Try to leave your back on the mat all the time and not to push forward your pelvis, it is positioned on the mat. Repeat the exercise several times and then relax your arms along your body.

Exercise 3:

Lying on your side with bent knees, your lower arm under your head, your head in the same line as your backbone, lean against your upper palm in front of your body, pull away your shoulder from your ear. Your upper arm may also lie on your side.

Press your palm in front of your body with stretched fingers. Try to stretch your upper buttock, straighten and stretch your trunk. If your arms allow you that, unstick your lower hand from the mat. Then return slowly back. Repeat several times, and then go onto the other hip.

Exercise 4:

You are on your right hip supported by the right forearm. Place the elbow just under your shoulder, so that the humerus points to the ground. Draw your shoulder from your ear, press against the elbow and stretch your head and then even your lower ribs get lifted. Then lift your trunk supported against the elbow and the knee of your lower limb, stretch your left arm



to the ceiling. Try to put your left arm under the trunk. Keep your right shoulder away from your ear and stretch your left arm towards the ceiling. Breathe freely and repeat several times. Then put your pelvis on the mat and relax.

Then repeat the exercise on the left hip.

Exercise 5:

Sitting on the mat with bent knees, press against your feet in front and against your palms behind your body. Lift your pelvis a bit from the mat. Your head stays stretched, your knees all the time to the ceiling. Rotate your trunk continuously while putting a strain alternately on one foot - the other foot, on one hand - the other hand, as if you wanted to draw a circle on the ground with your pelvis. Do not forget to breathe and stay with your head stretched. Relax and then repeat to the other side.

Exercise 6:

Your hands leaned against the mat (in width of your 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).

Press your toes against the mat, your heels are opposite the ceiling. Press the toes against the mat and lift your knees a little. Your trunk is straight. Do not sink in your loins and do not forget to breathe freely. Slightly open your knees and lift one leg a little above and then put the tip of your toes back, lift your other leg and put it back. Breathe continuously, do not keep your breath back. Then put your knees back on the mat and relax. You may repeat it, if you are not tired.

Exercise 7:

Sitting on a chair, your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.

Do not pull your belly in, try to breathe in the sides of your trunk, into the lower belly and slowly without any swing lift yourself from the chair. Try to keep your toes on the ground and not to let your knees come together. And slowly sit down on the edge of the chair. Repeat several times.

Exercise 8:

Stand up by the wall or the wall bars if these are available. Press your palms against the wall at the level of your shoulders, at the wall bars just hold the bar at the level of your shoulder, stretch your head and push your pelvis slightly forward. Keep this pelvis position (do not cave in in your loins. Your bent elbows aim aslant to the ground, stretch your head and push your body back. Breathing out pull yourself to the wall or to the bars and breathing in return back. Keep your shoulders broad. Repeat several times.



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Seniors to sport court, not to hospital

Exercise 9:

Standing on the back edge of the mat, lunge alternately your legs forward and back. Try to step on the full sole and not turn the knee inside. The same for the standing leg – do not turn knee inside. Do not wriggle or lose your balance. Do not stay in the position but continuously go back. Alternate your legs. Repeat several times and do not forget to breathe freely.