



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

Seniors to sport court, not to hospital

EXERCISES WITH YOUR BODY WEIGHT

Choose exercising with one's own body weight as the basic workout. The good thing about it is a minimal possibility of overstrain. Choose exercises in various positions. The starting position is simply lying on one's back. Then we continue with kneeling, sitting and standing position.

Always do the exercises in centred position of individual joints. Start with simple motions and continue up to more complex ones as e.g. stand up from sitting position and vice versa. Always coordinate the exercises with breathing. With advantage we make use of exercises in unbalanced positions and balance exercises in unbalanced positions. Working-out with one's own weight can be completed with therabands.