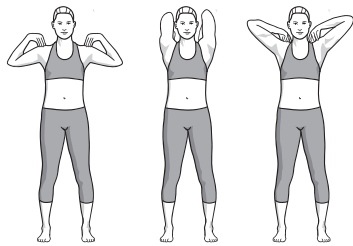


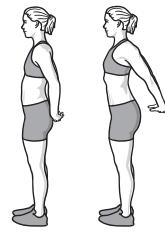
Total Time  
Equipment

20 min  
Mat, Towell or similar and Doam Roll

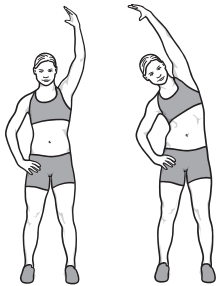
	Exercise	exec.	Reps/ Sec	Sets	sides
1	Shoulder Rotation	dyn.	20 Reps	2	
2	Chest Stretch	static	15 Reps	2	
3	Dynamic Lateral Reach	dyn.	10 Reps	2	both
4	Prone Back Extension	dyn.	45 sec	3	
5	Quadruped Rotation	dyn.	45 sec	2	both
6	Dynamic Downward Facing Dog	dyn.	60 sec	3	



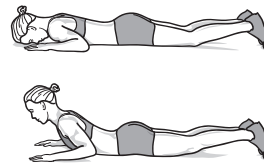
**1** Shoulder Rotation



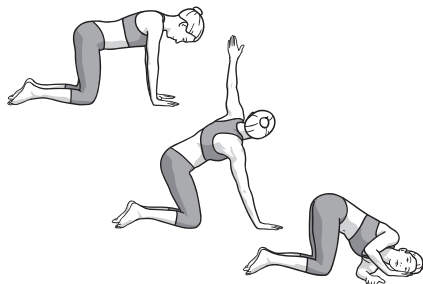
**2** Chest Stretch



**3** Dynamic Lateral Reach



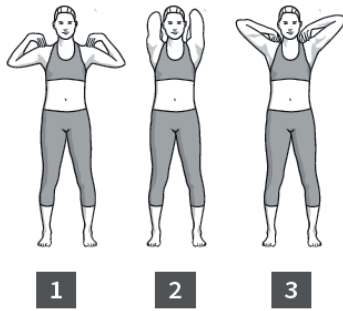
**4** Prone Back Extension



**5** Quadruped Rotation

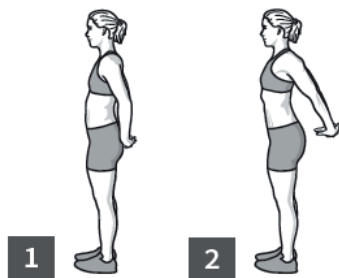


**6** Dynamic Downward Facing Dog



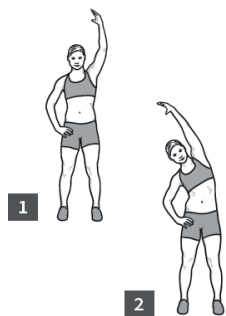
## Shoulder Rotation

1. Adopt an upright, hip-wide stance. Raise the sternum upwards and forward. Balance the head in the middle. Place your fingertips on your shoulder. Open the elbows outwards.
2. Pull the elbows together in front of the sternum and lift them up to the front.
3. Open the elbows upwards and lower them in a large circular motion over the side down.



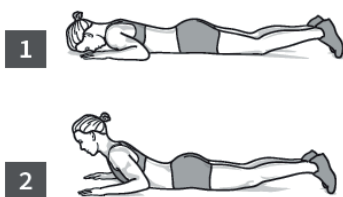
## Chest Stretch

1. Grasp hands behind back when standing upright, hip-wide. Interlock the fingers. Pull the shoulder blades together actively backwards and downwards.
2. Extend the arms to the back and lift them upwards. Raise the sternum upwards and forward. The shoulders continue to pull together at the back. Tense the buttocks slightly to keep the pelvis in a stable position. Stretch can be felt on the chest muscle and the inside of the arm.



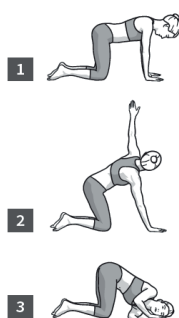
## Dynamic Lateral Reach

1. Start at hip width, standing upright. Straighten the spine and distribute the weight evenly on both feet. Extend the left arm upwards. Support the right hand in the hip.
2. Actively stretch the left side again and tilt the upper body to the right. Put more weight on the left foot. Stretch the entire left side of the body and bounce the upper body slightly to the right side. The whole body remains straight forward.



## Prone Back Extension

1. Lie on your stomach. Place the forehead on the mat. Bend your arms and place your hands to the side of your temples. The forearms are parallel to each other. Pull the shoulder blades together backwards.
2. Straighten the upper body. Pull the shoulder blades together consciously to the rear. Push the mat backwards with your hands, feeling it, so that the sternum straightens up towards the front. The shoulders move away from the ears. The view remains forward to the Boden gerichtet. Wieder nach unten ablegen und wiederholen.



## Quadruped Rotation

1. Take a quadruped position with knees open to the width of the hips. Hands are below the shoulders. The spine is straight and stable.
2. Loosen the left hand and unscrew it with the upper part of the body far to the left. Both arms are stretched out. The view goes upwards.
3. Push the left arm under the right arm until the left shoulder rests on the floor. Lay your head down. Continue to support with your right hand.

1



2



## Dynamic Downward Facing Dog

1. Take a hip-wide quadruped position. Hands are below the shoulders. The spine is extended. Stand with your toes behind you.

2. Detach the knees from the mat and lift the buttocks far back and up so that the upper body and legs form an inverted V. The knees are slightly bent. Extend the back and push the sternum towards the knees. With small, springy movements spring the upper body backwards between the arms towards the legs. Relax the neck.