

Sensomotoric/Strength – Program

I. 20 - 25 seconds balancing (**left leg**) on a mat or togu in an easy squat position
+
without a break 20 squats (**left leg**)



20 - 25 seconds balancing (**right leg**) on a mat or togu in an easy squat position
+
without a break 20 squats (**right leg**)



in combination with

20 - 25 seconds turn from one side to the other
+
25 - 30 crunches



+



Then, start with the squat exercise again: **2 sets!!**
After the two sets, start with the next to exercises!

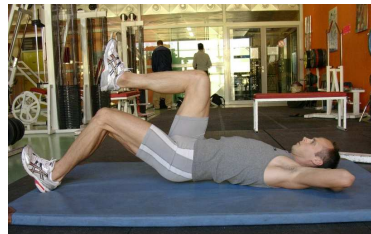
II. Hamstrings: **left** - 5 seconds come up with the hips, short break – once again: 5 intervals

+

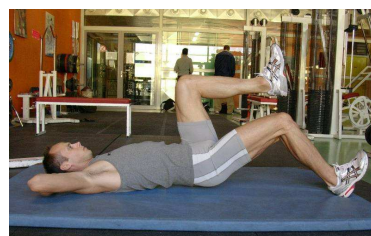
15 - 20 reps the same, without the pezziball



It's ok, when you help with your arms!



+ **right:** the same

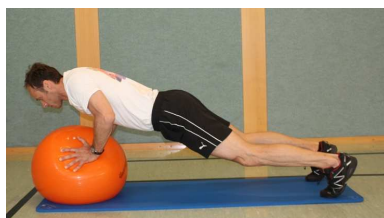


in combination with

5 seconds hold the position, come down for a short break - once again: 5 intervals

+

15 - 20 push-up (maybe on knees)



+

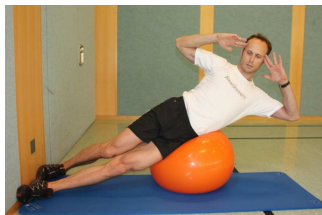


Susie, you can also make the exercise with the pezziball in the following way: slant on the wall (I hope you understand 😊)



Then, start with the hamstring exercise again:
2 sets!!

III. 5 seconds hold the position, come down for a short break – once again: 5 intervals
+
15 - 20 reps in a dynamic way

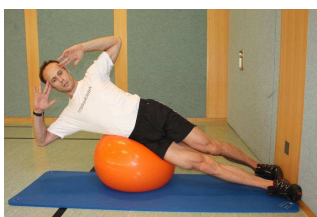


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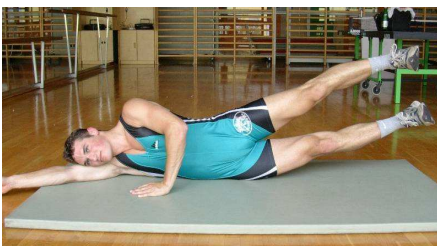


in combination with

the other side!



+



2 sets!!

IV. Lift one arm for 5 seconds, than the other: 6 intervals

+

20 reps outside rotation



+



the same pezziball exercise + the other arm



+

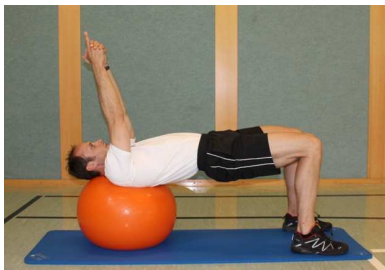


in combination with

20 - 25 seconds turn from one side to the other

+

20 reps back muscles



+



2 sets!!

V. 15 - 20 seconds hold the position, come down for a short break – once again:

3 - 4 intervals (**right side**)

+

20 reps move the **right** leg to the side



+



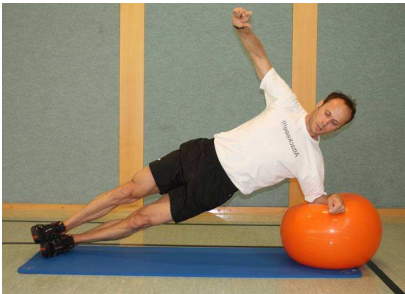
in combination with

15 - 20 seconds hold the position, come down for a short break – once again:

3 - 4 intervals (**left side**)

+

20 reps move the **left** leg to the side



+



2 sets!!

VI. 20-25 seconds hold the position + move the one leg
+
20 reps move the leg to the side



..... than with the other side/leg.

2 sets!!