



Remote
Health

Course Materials

Workout “Mobility”

Movement, coordination and balance



Contents

- **Ten different exercises and how to do them**



Note

The repetitions and times can be arranged and designed according to your individual ability.

You should not feel pain during any exercise. A little stretching is fine. However, if it feels too strong, it often helps to simply stretch the affected body part a little less. 😊



- 1 Arm circles: forward, backward & opposite direction →
5 reps in each direction



2 Hip circles: 10 seconds in each direction



3 Leap forward, landing on one leg



Feel free to bend your knees a little deeper and keep balance for a moment!

- 4** Standing on one leg, "go through" the fingers: Start with **hand 1: thumb on index finger** and **hand 2: thumb on little finger**
→ 4 reps per side



Start



5 Lunges with upper body rotation: 5 reps per side



6 Side lunges: 7 reps per side



- 7** Walk on the spot → then stand on one leg, hold the head pressed back into the nape of the neck, close eyes and finally squat down: 5 reps per side



8 Toes standing up and down: 20 seconds



9 Superman: 8 reps per side



10 Standing balance: 2 reps per side and hold for 5 seconds each



Sources:

1. Schad, N.; Kaufmann, K. et al. (2022). Broschüre zu einem digitalen Aktionstag im Rahmen des Wahlmoduls Gesundheitsregionen im Wintersemester 2021/22 – Bewegung. [Brochure, Technical University of Munich]. <https://drive.google.com/file/d/14WWBSzSyGuRIIg9sC2lc85tmfYm2A1qd/view?usp=sharing>

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