



Remote  
Health

# Course Materials

## Back Fitness

Short break in movement  
to activate the back muscles



## Contents

- Exercises with pictures

1 “Reach for the stars” → 10 reps per side



Alternately stretch one arm up next to the head and reach as high as possible → activating the whole body

**2** Side bend → 10 reps per side



Extend arm and bend it over the head to the opposite side → The upper body bends with it

### 3 Torso twist + forward bend → 10 reps per side



Take wide squat, bend upper body forward with arms in U-position, and then slowly rotate entire upper body and head to right and left. Pause briefly in the middle.

## 4 Diagonal stretch → 10 reps per side



Bring extended arm diagonally to foot while keeping legs straight. Extend the other arm upwards. Dynamically change arms.

**5** Back opening → hold for 10 seconds



Bend forward in seat, hands touching floor with fingers crawling further away from feet

## Sources:

1. Schad, N.; Kaufmann, K. et al. (2022). Broschüre zu einem digitalen Aktionstag im Rahmen des Wahlmoduls Gesundheitsregionen im Wintersemester 2021/22 – Bewegung. [Broschüre, Technische Universität München]. <https://drive.google.com/file/d/14WWBSzSyGuRIlg9sC2lc85tmfYm2A1qd/view?usp=sharing>



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