

T3backtraining

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For all exercises: breath deep – clear cache! Don't forget to breath, oxygene is fuel for your muscles!

Most of your muscles are Skeletal muscles, their work as a pair, like Bizeps and Trizeps

But back muscle and abdominus are stabilizers – they work the whole time. Otherwise you can't sit or stay. So you need to take care that they are really strong.

And avoid some problems like picking up something from the ground with a round back. You do it a few times a day. So please take care.

So something falls down, pick up your kids, pick up a box of beer, or something like that.

So please inflect your knees, go down with a straight back and pick up the things.

I have some exercises for you from Pilates.

Exercises

Step 1 – Powerhouse

Press your belly button to your backbone, in german Wirbelsäule and take a deep breath.

And now cool down breath out. Start again and press the belly button again to your backbone, but with only 30% of the power. You should be able to talk, but your Abdominus should be a strained. Take your hand to test it.

This exercise you can do nearly everytime and everywhere.

So it would be great if you make yourself some rituals like when you brush your teeth, during cooking or coding.

Step 2 – round back

Please go down on your hands & knees. Make a round back, breath in and a straight back and breath out.

Normally 10 times, now only 5

Step 3 – Superman

Now reach out your right arm and left leg. Your nose shows to the floor. Breath in – hold on, go back and breath out. Now change to your left arm and right leg.

Normally 10 times, now only 5

Step 4 – Swan

Lay down with your face showing on the floor. Arms and shoulders are relaxed beneath your hips. Palm of hand shows up. Press your Pelvic floor (in German Beckenboden) to the ground, legs are straight and close to each other.

And now lift your breast and breath in, hold on, breath out and go down.

Repeat 5 times (normally 10)

Step 5 – Abdominus 1

Lay down on your back. Your arms beneath your hips Palm of hand shows down. Set up your feet in parallel order. Now raise your hands 20 cm up and raise your shoulders from the floor. Your nose shows to the ceiling. Go back, but don't lay down.

Repeat 5 times (normally 10)

Step 6 – Abdominus 2

Same as before but put your thumb to your temples (Schläfen) and the other fingers on the back of the head. This is because you can't bend your shoulders in this attitude.

Repeat 5 times (normally 10)

Step 7 – Abdominus 3 - incline left and right

Now park your right foot on your left knee. Make the same exercise as before but your shoulder will show to your right knee.

Repeat 5 times (normally 10)

Change the legs and the direction and start again.

Step 8 – Abdominus 4

Lay down like before – raise your shoulders and stay. Now raise your right knee towards your belly and raise left leg for 10 cm.

Now raise your left knee towards your belly and stretch out your right leg but don't lay down.

Repeat 5 times (normally 10)

Step 9 – Lower Abdominus

Lay down raise your shoulders with your thumb to your temples (Schläfen) and the other fingers on the back of the head. Now raise your legs like making a candle and now bring your knees close to your head. Your bottom should also raise from the floor.

Repeat 5 times (normally 10)

Stretch & relax

Now lay down and stretch out, breath deep and – relax.

Stretching for Abdominus

Set up your right leg. Stretch your right arm as high as you can. Move your left hand to your right knee and turn your body to the left. Your face will look to the right.

Set up your left leg. Stretch your left arm as high as you can. Move your right hand to your left knee and turn your body to the right. Your face will look to the left.

If you do those exercises after running, so please you need to stretch your legs and your bottom.

Stretching for front thigh (Oberschenkel)

Lay on the right side and put your hand around your left foot and stretch. Change to the left side and stretch your right leg.

Stretching for back thigh (Oberschenkel)

Lay down on your back raise your right leg and put both hands around your thigh and stretch. Your bottom stays on the floor. Change your leg.

Stretching for Gluteus Maximus

Set up your right leg and put your left foot on the right knee. Put your hands around your right leg and stretch. Change the side.

And now stretch your right leg, put your arms around and get up and sit.

Stretching for Adductor

Put your hands on the floor, left and right behind you. Spread your legs and stretch.

Turn around in a doggy style and set up your right foot. Now put both hands on your right thigh and get up.

Stretch your body like I do now:

Stretching for Wades

For your right wade and your shoulders – fold (verschränken) your hands in the back and tear down
For your left wade and your back – fold your hands in the front and tear a bit

Stretching Sides

For the left side and for the right side – raise your arm and stretch one side after the other.
For the breast spread your arms

Stretching Biceps

For the biceps – stretch your right arm to the left in front of your breast get your left hand on the biceps and stretch, change the arms.

Stretching Neck

For your neck – turn your head to the right very careful and stretch. Don't use your hands for this.
Change the side.

Stretching Back

And now inflect your back, put your hands on your thighs and stretch your back. Stretch and relax 3 times.

Now try to reach the floor with your fingertips and roll up, vortex by vortex (Wirbel). Shake your muscles and you are ready.