

Corona-Kids & Teens Program



Tip 12 - SPORTS - Stability Exercises

A special edition for our international participants of our Rocky Monkey Group.

Variants:

- Warm-Up: Exercise: 30 sec. - Break: 15 sec. (in sum 6')
- More challenging: Exercise: 60 sec. - Break: 15 sec. (in sum 12')

Recommendations:

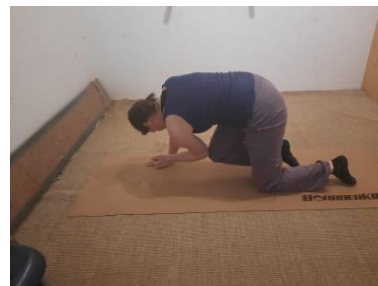
- repeat the variants. e.g. do 3 cycles
- raise the level: start with the warm-up variant and change then to the more challenging one
- You can do this exercises every day, but a break of one/two day(s) is pretty fine

Take care of your body and execute those exercises that are appropriate for you!

1. Side Plank with rotation; left/right side



2. Superman; left/right side



3. Plank; left/right side



4. Bridge; left/right side



5. Row



6. Wiper; Move your legs from right to left and back



Try not touching the ground with your

7. Pilates X



Tip from Theresa Stasswender