Saturday

Plank

- Start with the plank with our hands formed to a fist
- Legs are extended straight back with feet hip-width apart
- Only the balls of your feet touch the floor
- Your body is in a straight line from head to heels
- Tense your torso musculature
- Hold this position and keep breathing normally
- Make sure that the hips are in line with the back and not too high or too low and that there is no hollow back
- The neck is neutrally aligned as an extension of the spine
- The gaze is directed downward

Muscle group: Entire core
Mountain Climber

- Start in push-up position
- Arms are shoulder width apart and feet are hip width apart
- Shoulders are above the palms of the hands
- Make sure your back is straight
- To perform: Pull the knees alternately in the direction of the chest.
- The other leg remains straight
- Keep body tension permanently

**Muscle groups:** biceps femoris, gluteus, quadriceps, straight abdominals
High Knees

✓ Stand so that your feet are hip width apart, your posture is upright
✓ Look forward and let your arms hang down by your sides
✓ Now jump from one leg to the other and lift your knees alternately forward/upward (hip height)
✓ Try to land only on the balls of your feet
✓ Let your arms swing to the side
✓ This exercise is good for your condition

Muscle group: Legs and hips