The starting position is the inverted quadrupedal posture.
Now do some dips (bending and stretching the arms, the elbows pointing backwards and not outwards)
Immediately afterwards you go backwards a few steps with arms ands legs in the inverted quadruped position to do a few dips there again

Muscle groups: Triceps, chest.
Get on your knees and place your hands under your shoulders.

Your fingers are together and point forward.

Extend your legs backwards (you can keep them together or open them shoulder-wide).

If you can't do normal push-ups yet, you can also keep your knees on the floor.

Bend your arms slowly, while your elbows point diagonally outwards.

Lower your body until your nose almost touches the floor.

Then push yourself back up (your arms should never be fully extended).

Keep your back straight throughout the exercise and avoid an arched back or sticking out your buttocks.

**Muscle groups:** Arm and chest muscles
Arm Circles

- Stand upright and raise the arms to the sides so that they are parallel to the floor
- Point your fingers outward and make quick, small circles with your arms
- Keep the torso tense during the exercise
- Perform the exercise in both directions
- Additionally, the exercise can also be performed with light weights

Muscle groups: Biceps, deltoids