

Exercises for Sensorimotor Training

Nr	Position	Benefit to	Execution
1		<p>ABS straight BUTTOCKS HIPS</p>	<ul style="list-style-type: none"> ▪ Watch the position of the back (Spine in a natural position) ▪ Stretch arms up in the air (shoulders stay in a natural position) ▪ Head up (look forward) ▪ Knees bended <p><u>Variations:</u></p> <ul style="list-style-type: none"> ▪ Hold position ▪ Move upper body forward while at the same time pull legs towards you
2		<p>ABS oblique BUTTOCKS HIPS</p>	<ul style="list-style-type: none"> ▪ Watch the position of the back (Spine in a natural position) ▪ Alternatively left hand to the right ankle and right hand to the left ankle (Knees will be bended and stretched alternatively) <p><u>Variations:</u></p> <ul style="list-style-type: none"> • Use of resistance band
3		<p>ABS oblique BUTTOCKS HIPS</p>	<ul style="list-style-type: none"> ▪ Straight upper body ▪ Watch the position of the back (Spine in a natural position) ▪ Alternatively ,high 5' with your partner with the left and the right hand ▪ Knees bended ▪ Turn shoulders
4		<p>BACK BUTTOCKS</p>	<ul style="list-style-type: none"> ▪ Watch the position of the back (Spine in a natural position) ▪ Stretch hands and legs horizontally <p><u>Variations:</u></p> <ul style="list-style-type: none"> ▪ Hold position ▪ Lift and lower upper body ▪ Lift and lower legs ▪ Left hand + right leg - lift + lower
5		<p>HIPS BUTTOCKS BACK</p>	<ul style="list-style-type: none"> ▪ Straight position ▪ Watch the position of the back (Spine in a natural position) ▪ Head up (look forward) <p><u>Variations:</u></p> <ul style="list-style-type: none"> ▪ Hold position ▪ Move/twist upper body and arms ▪ Use of resistance band ▪ Juggle with balls, sticks, etc.

Nr	Position	Benefit to	Execution
6		<p>HIPS BUTTOCKS SACRUM</p>	<ul style="list-style-type: none"> ▪ Straight position ▪ Watch the position of the back (Spine in a natural position) <p><u>Variations:</u></p> <ul style="list-style-type: none"> ▪ Hold position ▪ Make various movements with your leg, e.g. bend, stretch, swing, circular ▪ Use of resistance band ▪ Juggle with balls, sticks, etc..
7		<p>WHOLE BODY ANKLE JOINT CALF KNEE THIGH HIPS SPINE</p>	<ul style="list-style-type: none"> ▪ Straight position ▪ Watch the position of the back (Spine in a natural position) ▪ Head up ▪ Knee slightly bended <p><u>Variations:</u></p> <ul style="list-style-type: none"> ▪ Hold position ▪ Turn upper body (Kreuzbandprävention) ▪ Bend and stretch knees ▪ Make various movements with your leg, e.g. bend, stretch, swing, circular ▪ Use of resistance band ▪ Juggle with balls, sticks, etc..
8		<p>THIGH CALF BUTTOCKS</p>	<ul style="list-style-type: none"> ▪ Watch the position of the back (Spine in a natural position) ▪ Stretch arms forward ▪ Buttocks back ▪ Knees bended <p><u>Variations:</u></p> <ul style="list-style-type: none"> ▪ Hold position halten ▪ Bend and stretch knees ▪ Lower and pull legs
9		<p>BACK (Relaxation)</p>	<ul style="list-style-type: none"> ▪ Lay upper body and head flat on the floor ▪ Position calves on the cube
10	 <p>Beanspruchte Muskulatur / Bereich : Bauch + Rücken + Wirbelsäule Leistungsstufe 1 (einfach)</p> <p>Art / Dauer / Umfang : Statisch (Position halten) 20 Sekunden 2 Serien je 3x 2x wöchentlich</p> <p>FITW Position Fläche</p>	<p>SPINE ABS HIPS BUTTOCKS</p>	<ul style="list-style-type: none"> ▪ Straight upper body ▪ Watch the position of the back (Spine in a natural position) ▪ Stretch arms up in the air (shoulders stay in a natural position) ▪ Head up (look forward) ▪ Knees bended ▪ Hold position

EXERCISE PROGRAM - SAMPLES



WHOLE BODY – STRENGTH TRAINING circuit

Nr.	Benefit to	Duration	Break
2	Abs	20-30 seconds	30 seconds (to change position)
4	Back, buttocks	20-30 seconds	30 seconds (to change position)
5	Hips, buttocks, back	20-30 seconds	30 seconds (to change position)
8	Thigh, calf, buttocks	20-30 seconds	30 seconds (to change position)
		6 REPEATS Total approx. 24 minutes	48 -72 hours exercise break

SPINE - INVIGORATION

Exercise Nr.	Benefit to	Duration	Break
10	Spine	20-30 seconds	1 minute
		6 REPEATS Total approx. 9 minutes	12 - 24 hours exercise break

BACK - RELAXATION

Exercise Nr.	Benefit to	Duration	When
9	Back	5 - 20 minutes	12 – 24 hours after strength training

Helpful tips

- Start with easy exercises and slowly progress to more difficult one's.
- Start with balancing exercises, only then do strength exercises make sense and are efficient.
- Safety is always top priority: Use the FitW on a soft ground like a yoga mat or flat carpet.
- Take off your shoes before using the FitW. It not only conserves the cube, it also makes the exercises more effective..
- Take your FitW outside. Thanks to its robust material, the cube can be used anywhere and is easy to clean.
- Small children must always be supervised when playing on the FitW..