

International SOS

Whole Body - without equipment (EN)

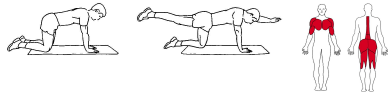
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1. Squat 1

Stand with your feet shoulder-width apart and arms straight in front of you. Bend your knees 90 degrees and push back up. Keep your back straight and look straight ahead during the entire movement. Alternatively, the deep position may be held for a few seconds before pushing back up.

Sets: 2 , Reps: 12



2. Diagonal lift, standing on all fours

Start on all fours with your face facing the floor. Contract your abdomen and lower back for stability. Stretch one arm and the opposite leg to extend of your body. Repeat the movement with opposite arm and leg.

Sets: 2 , Reps: 10



3. Forward lunge

Stand with your legs gathered and place your hands on your side. Lift one leg and take a step forward. When your leg touches the floor, slow down the movement until your body is in deep position. Keep your upper body straight. Press back and take a new step forward. Keeping control of your knees and maintaining a neutral back is important throughout the entire movement.

Sets: 2 , Reps: 10



4. Pushups 2

Rest on your hands and feet keeping your body straight and rigid. Put your hands wider than shoulder-width apart. Lower your upper body toward the floor, then push upward without bending your hips.

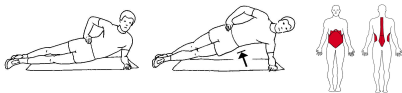
Sets: 2 , Reps: 10



5. Pelvis lift w/knee stretching

Lie on your back with bent knees and your feet on the floor. Contract your buttocks muscles and raise your pelvis and lower back. Hold the position and straighten one leg. Hold that position for 3-5 seconds and slowly lower back. Repeat with opposite leg.

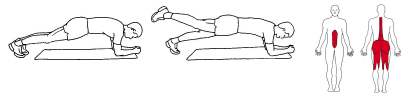
Sets: 2 , Reps: 10



6. Side-lying side lift 1

Lie on your side supporting yourself on your elbow. Find the neutral position of your back and pelvis. "Flatten" your abdomen and raise your pelvis until your body is straight. Hold for 10-15 seconds and rest equally. Repeat to opposite side.

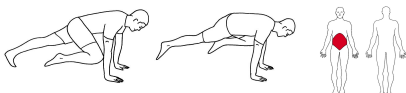
Sets: 2 , Reps: 10



7. Leg lift 1, standing on all fours

Lie face down, supporting yourself on your toes and elbows and keep your body rigid. Try to raise one leg in a stretched position as an extension of your body. Repeat with the other leg.

Sets: 2 , Reps: 10



8. Dynamic Mountain Climber

Begin in a push-up position with arms stretched. Keep abs and back straight while pulling your knee towards your elbow. Return to starting position. Alternate between the legs in a dynamic movement. Increase the tempo according to the desired intensity.

Sets: 2 , Reps: 15



9. Pelvis lift 1

Lie on your back with your arms by your side. Raise your legs, bend your hips with a 100-110 degree angle, while slightly bending your knees. Raise your pelvis toward the ceiling without swinging your legs, then slowly return to the start position.

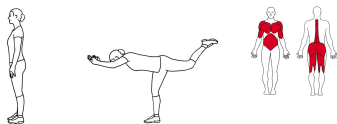
Sets: 2 , Reps: 10



10. Oblique crunch 2

Lie on your back with your knees bent and one ankle resting on the other knee. Hold your hands behind your head. Raise your head and upper body and turn toward the knee of the raised leg. Repeat for the opposite side.

Sets: 2 , Reps: 10



11. The Diver

Start in a upright standing position. The exercise should be performed as a simulated dive, that is, as a synchronised movement. Do hip flexion on one leg (injured side), up to 90°, and a simultaneous stretching of the arms above the head while attempting maximal hip extension of the other leg (lifted leg). Keep the pelvis horizontal. Angles at the knee should be maintained at 10–20° in the standing leg (injured side) and at 90° in the lifted leg.

Sets: 2 , Reps: 10

