Warm-up for Intelligent Training
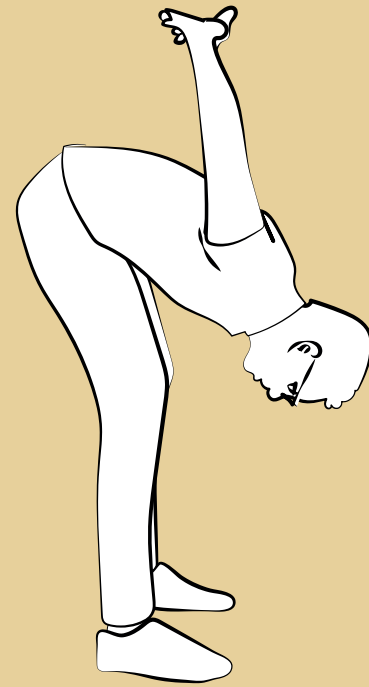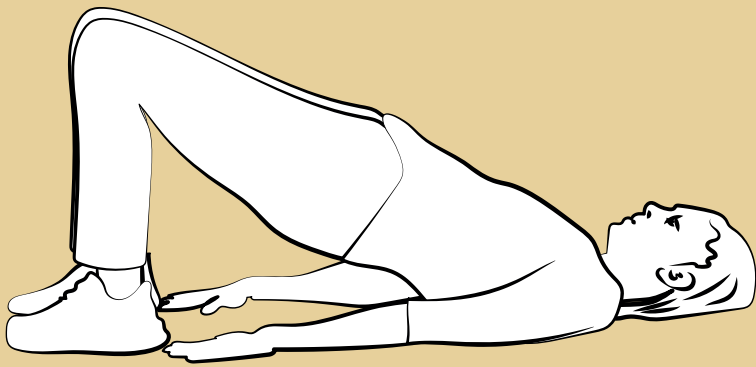
1) Stretch outward

2) Stretch behind back

3) Stretch from floor to ceiling

2-3 repetitions – hold the outer position for 3-5 seconds
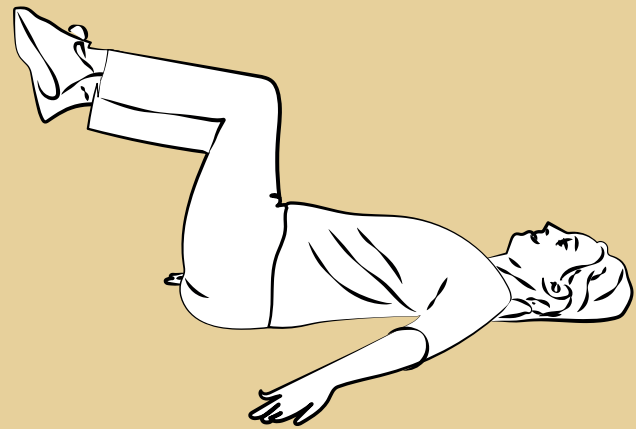2-3 times a week

See how to perform the exercises at *sdu.dk/IntelligentTraening*

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Intelligent Training for your lower back
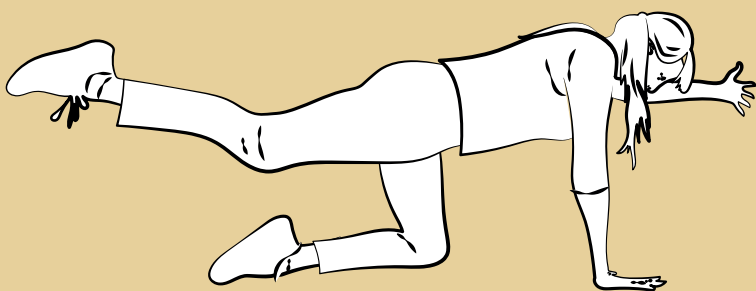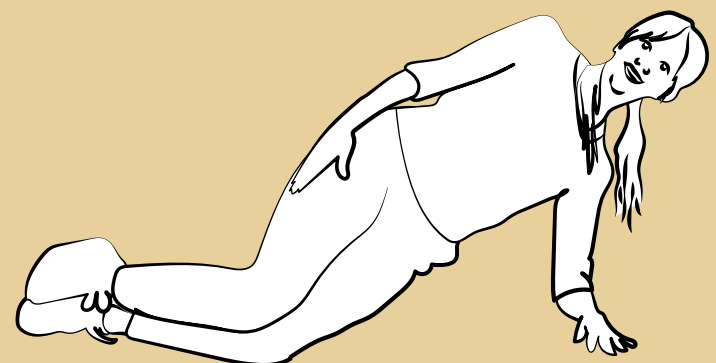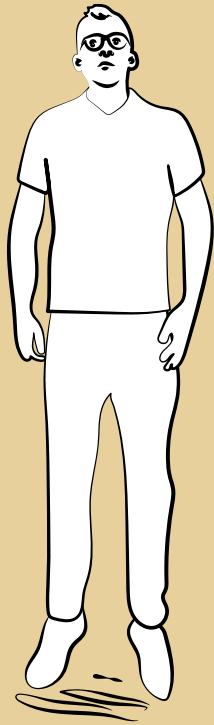
1) Pelvic lift

2) Lower-back rotation

3) All-fours position

4) Side plank

8-12 repetitions, 2-3 rounds
2-3 times a week

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Intelligent Training to improve physical fitness
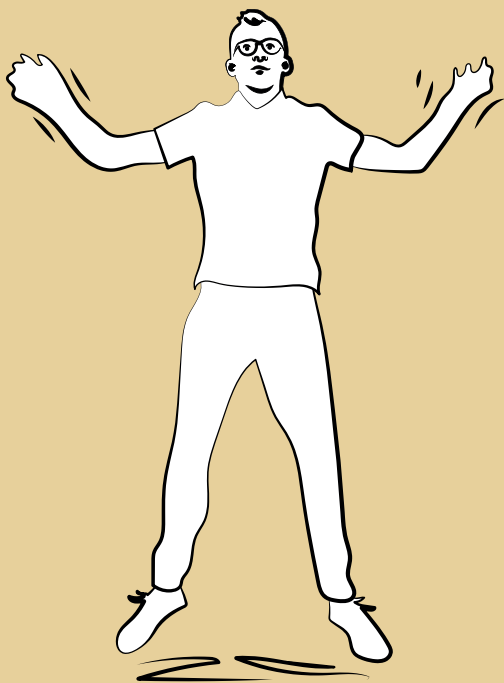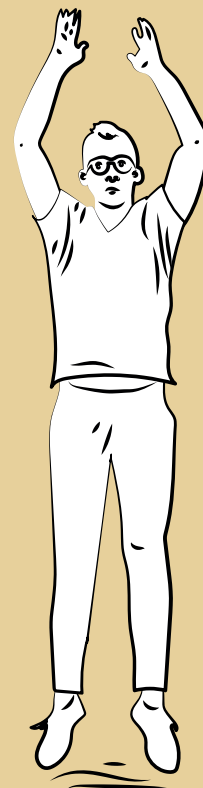
1) Jumps on the spot

2) Lunges
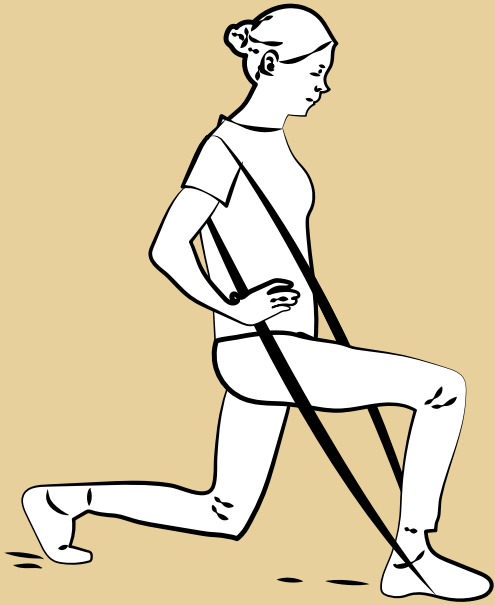

3) Jumping jacks

4) Burpees

30 seconds per exercise. 15-20 second break. 2-3 rounds.
2-3 times a week

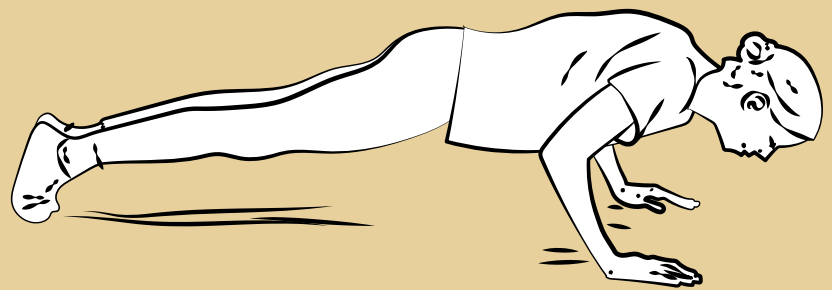See how to perform the exercises at *sdu.dk/IntelligentTraening*

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Intelligent Training for all-round muscle strength
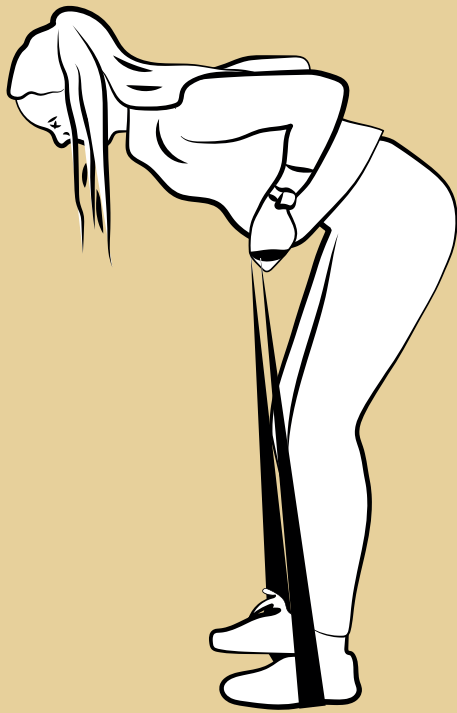
1) Lunges with elastic band

2) Push ups

3) Squat with shoulder press

4) Russian Twist

8-12 repetitions, 2-3 rounds
2-3 times a week

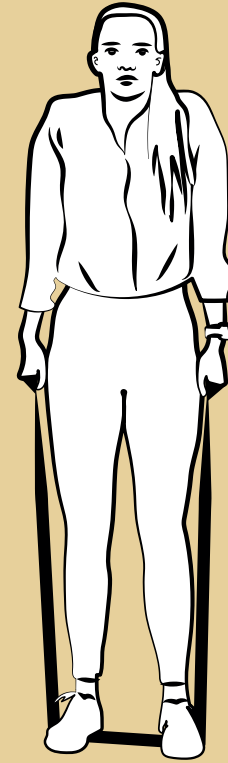See how to perform the exercises at *sdu.dk/IntelligentTraening*

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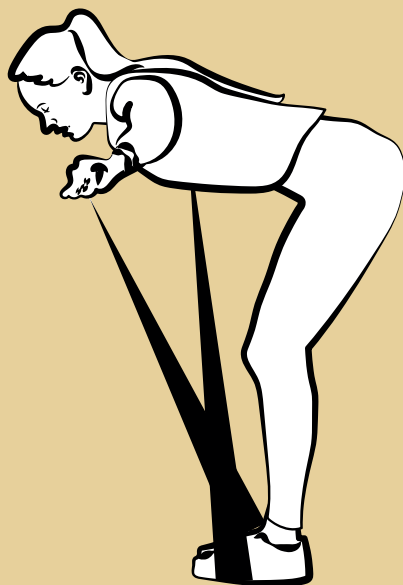
Intelligent Training for neck and shoulders

1) Bent-over row

2) Shrug

3) Reverse fly

4) External rotation

8-12 repetitions, 2-3 rounds
2-3 times a week

See how to perform the exercises at *sdu.dk/IntelligentTraening*

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