

## ONGO<sup>®</sup>MOVE EXERCISE PROGRAM

The ONGO<sup>®</sup>Classic promotes active sitting to ease tension, strengthen the muscle groups in the back, and improve overall posture. It is a fun way to build exercise into your everyday life, not only improving posture, but also boosting energy levels and concentration. As part of the product development process, the Institute for Movement Analysis at Kaiser-Karl-Klinik in Bonn, Germany, took biometric measurements and conducted patient trials. Their findings: Increased mobility was proven after just four weeks of active use of the ONGO<sup>®</sup>Classic. This exercise program was developed based on these medical findings. Simple exercises with the ONGO<sup>®</sup>Classic can help you start off on a targeted, effective spinal training regimen.

## EXERCISE PROGRAMS

The back is made up of various muscle groups, which perform different functions. Our exercises are designed with this in mind, so that you can put together the best training program to suit your individual needs.

The ONGO<sup>®</sup>Classic helps you maintain good posture and enhances both strength training and stretching exercises. Although the main focus is on the muscles of the back, you can also use the ONGO<sup>®</sup>Classic to exercise many other areas of your body. For example, abdominal exercises help you to strengthen the part of the body that “opposes” the back muscles; together, these two muscle groups stabilize the spine and take pressure off the back. The exercises in the beginning program ONGO<sup>®</sup>Move Basic cover all of the major muscle groups. As you become proficient in these exercises, you can explore the ONGO<sup>®</sup>Move Advanced program for many other exercises that will help you effectively intensify and expand your training program. The exercises vary in difficulty from S1 (all levels) to S4 (challenging).

The ball in the ball track helps you with every exercise. Many of the exercises are based on maintaining a stable, balanced position in which the ball is supposed to remain silent in a single location within the track. To ensure that you have optimum control of the ball, first bring it to a quiet starting position between your feet. If the ball begins to move from side to side or to rotate during an exercise and it is not explicitly supposed to move during that exercise, you know that you are not yet performing the exercise exactly right.

## TIPS

Perform all of the exercises slowly and with good control. Avoid jerky or “throwing” motions, and do not “bounce” when stretching.

Please bear in mind that none of the exercises should cause you pain as you do it. The goal is to train “with” your body and not “against” it. If you are currently undergoing medical treatment for back pain or other joint problems, ask your doctor or physical therapist which of these exercises are right for you. If you experience pain when exercising with your ONGO<sup>®</sup>Classic, please immediately discontinue the exercise and contact your doctor.

# ONGO<sup>®</sup>MOVE BASIC – BEGINNING PROGRAM

The ONGO<sup>®</sup>Move Basic exercise program is a holistic short exercise program for the entire body, aimed especially at increasing blood flow to the muscles. It can help you get off to an optimum start with the exercise philosophy behind the ONGO<sup>®</sup>Classic. Especially if you spend a lot of time sitting down at work, you can use this brief program to ease tension and help prevent back problems. Just 6 to 8 minutes a day will help protect your body from the effects of a one-dimensional day spent sitting at a desk. If you wish to engage in more intensive exercise for one area of your back, you can follow the ONGO<sup>®</sup>Move Advanced program.

## WARM-UP

**Starting position:** Sit upright on the ONGO<sup>®</sup>Classic, with your back straight. Choose the seat height so that your legs form an angle slightly greater than 90°. Place your feet flat on the floor with the toes angled slightly outward. Place your legs hip-width apart. Allow your hands to rest on your thighs and relax your shoulders. Imagine yourself as a marionette, with an invisible thread extending upward from the top of your head, pulling your upper body upright and lengthening it.



Duration ⌚

30 seconds

Repetitions

10

Ball

Lies still between your feet

### 1. THE HIKER - HEEL-TOE TAPS (S1)

Position your feet so that the right toe is touching the floor and the left heel is touching the floor. Switch, alternating between your right and left. Repeat the switch ten times. Then add the arm movements: Bend your arms, keeping the elbows close to the body. Now allow the arms to swing gently in rhythm with the shifts in your foot position, as you would when hiking or power walking.

**For added challenge:** After combining the heel-toe taps and arm movements, add a hip rotation and perform all three motions simultaneously, in rhythm.



Duration ⌚

30 seconds

Repetition

10

Ball

Lies still between your feet

### 2. Seated Cat Stretch - Pelvic tilt, front and back (S2)

Place your hands on your hips. Alternate tilting your pelvis to the front and back. As you tilt your pelvis forward, draw your navel inward. When you tilt your pelvis backward, allow your spine to assume a slight curve.



Duration ⌚

30 seconds

Repetition

12 times in each direction

Ball

Runs evenly in a circle

### 3. Rotor I - Shoulder circles I (S1)

Allow your arms to hang loosely to both sides of your body. Rotate your shoulders, first in small circles, then increasing the size of the circles. Reverse. Continue for about 30 seconds total.

#### For added challenge (S3)

Combine this exercise with a pelvic tilt as in the Seated Cat Stretch described above. The ball lies still between your feet as you rotate your shoulders. It begins to rotate as soon as you begin the pelvic tilt exercise.



Duration ⌚

30 seconds

Repetitions

15 to 30

Ball

Lies still between your feet as you rotate your shoulders

### 4. Rotor II - Shoulder circles II (S2)

In addition to rotating the shoulders as in exercise I above, bend your arms, with the elbows facing out from your upper body. Pull your elbows back, compressing the space between your shoulder blades and making circles in the air with your elbows. Reverse. Gradually increase the intensity of both movements over about 30 seconds by enlarging the circles and pulling the elbows further back.

#### For added challenge (S4)

Combine this exercise with a pelvic tilt as in the Seated Cat Stretch described above. The ball lies still between your feet as you rotate your shoulders. It begins to rotate as soon as you begin the pelvic tilt exercise.

Tip: Beginners can combine the two types of shoulder circles into one exercise before adding the pelvic tilt, which is a significant additional challenge.



Duration ⌚

30 to 60 seconds

Repetitions

15 to 30

Ball

Lies still between your feet as you rotate your shoulders. Begins to rotate as soon as you begin the pelvic tilt exercise (see next page).

### 5. Candleholder – Stretch pectoral muscles, including hip twist (S2)

Extend both arms upward, inhaling as you do so. Exhale, allowing your arms to fall into a ninety-degree angle, extending straight outward from your shoulders with the lower arms pointing upward. This is called the “candleholder” position. The palms of the hands should face inward, with the shoulder blades facing downward. Keep your head level and gaze straight ahead. Now slowly turn your upper body to the right, making sure to turn the rib cage only and keep the pelvis stable. Your head should remain aligned with your rib cage. Exhale, returning to center, and repeat to the left side.



Duration ⌚

30 to 60 seconds

Repetitions

6 to 8 times per side

Ball

Lies still between your feet

### 6. Hula Hoop – Pelvic circles (S3)

Slowly begin to move your pelvis in a circular motion, causing the ball of the ONGO®Classic to rotate evenly. First rotate your pelvis to the right ten times, then switch and do the same to the left. Gradually increase the size of the circles, continuing to look straight ahead.



Duration ⌚

60 seconds

Repetitions

3 times

Ball

Runs evenly in a circle in both directions

### 7. Forward Bend - Back relaxation (S1)

Bend forward, allowing your back to curve and using your elbows to support the weight of your upper body on your thighs, about one hand-width above the knees. Let your head hang down and close your eyes. Be conscious of taking deep breaths. Focus completely on your breathing and feel how your spine stretches from the back of your neck to the middle of your back. Slowly roll yourself back upright, one vertebra at a time.



Duration ⓘ

30 seconds

Repetitions

3 times

Ball

Lies still between your feet

### 8. Side Neck Stretch (S2)

Extend your right shoulder downward and to the rear, extending your hand toward the floor. First tilt your chin downward toward your chest, then tilt your left ear toward your left shoulder until you feel a definite stretch in the muscles at the back of your neck on the right side. Hold the stretch for at least ten to 15 seconds. Then extend your left shoulder downward and to the rear. Tilt your head forward and then to the right, feeling the stretch in the muscles at the back of your neck on the left side. Hold this stretch as well for at least ten to 15 seconds. Repeat the exercise a second time on both sides.



Duration ⓘ

30 to 60 seconds

Repetitions

2 to 3 times per side

Ball

Lies still between your feet

### 9. Jackknife - Leg stretch (S2)

Extend your legs outward from a seated position, allowing your knees to bend slightly. Flex your toes and try to touch them with your fingertips as your heels stay in contact with the floor. Return to the starting position and repeat the stretch.



Duration ⌚

10 to 15 seconds per stretch

Repetitions

3 times

Ball

Lies still between your feet

### 10. Snail - Leg stretch (upper thigh) (S2)

Shift your position so that you are sitting slightly forward on your ONGO<sup>®</sup>Classic. Bend forward slightly and grasp your bent right leg at the outer side, a bit above your ankle, with your right hand. Now gently pull your lower leg backward and up, tilting your pelvis forward slightly until you feel a stretch in the muscles at the front of your thigh. Hold this stretch for about ten to 15 seconds, then switch legs.



Duration ⌚

20-30 seconds

Repetitions

3 times per side

Ball

Lies still between your feet

### 11. Scorpion – Strengthen spinal muscle groups (S2)

Maintaining a flat back, bend your upper body forward slightly and reach both arms overhead. Now pull both arms downward and behind you at the same time, bending the arms at the elbows and pinching your shoulder blades together in back so that they nearly touch. Then stretch both arms overhead again, shoulder-width apart, and repeat the exercise. Go slowly and maintain control during this exercise.



Duration ⌚  
45 to 60 seconds

Repetitions  
12 to 14 times

Ball  
Lies still between your feet

### 12. Stop Position – Fill the chest with air (S2)

Extend both arms out from the body at right angles at shoulder height, with the fingertips pointing upward. Draw the shoulder blades down the back. Now move the bent arms to the back by drawing the shoulder blades together. Feel the stretch in your chest area and breathe deeply into the belly four to five times as you hold the stretch. Release after ten to 20 seconds.



Duration ⌚  
40 to 80 seconds

Repetitions  
4 times

Ball  
Lies still between your feet

### 13. Rumba - Hip circles (S4)

Take a standing position next to the ONGO®Classic and place one knee in the center of the stool. Adjust the seat height of the ONGO®Classic as needed. Bend your standing leg very slightly. Now begin to move the stool in a circular motion with the knee that is resting atop it. Switch directions after about 20 seconds. Then switch legs and repeat.



Duration ⌚

60 seconds

Repetitions

3 times per side

Ball

Rolls in a circle

### 14. Swing - Body circles (S2)

Step behind your ONGO®Classic at about arm's length. Stand with your feet hip-width apart and squat, bending forward and stretching out your arms, until you can place your hands on top of the stool. Maintain a flat back, with a straight line from your waist to the top of your head. Now start the ball rolling. The movement should come only from the legs as your upper body and arms remain still. Switch directions after about 20 seconds.



Duration ⌚

40 seconds

Repetitions

2 times in each direction

Ball

Rolls in a circle