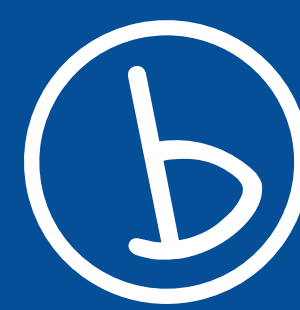


19



20



be2move

Der Stuhl, der dich bewegt



01



18



17



16



15



14



13



12



11



10



09



08



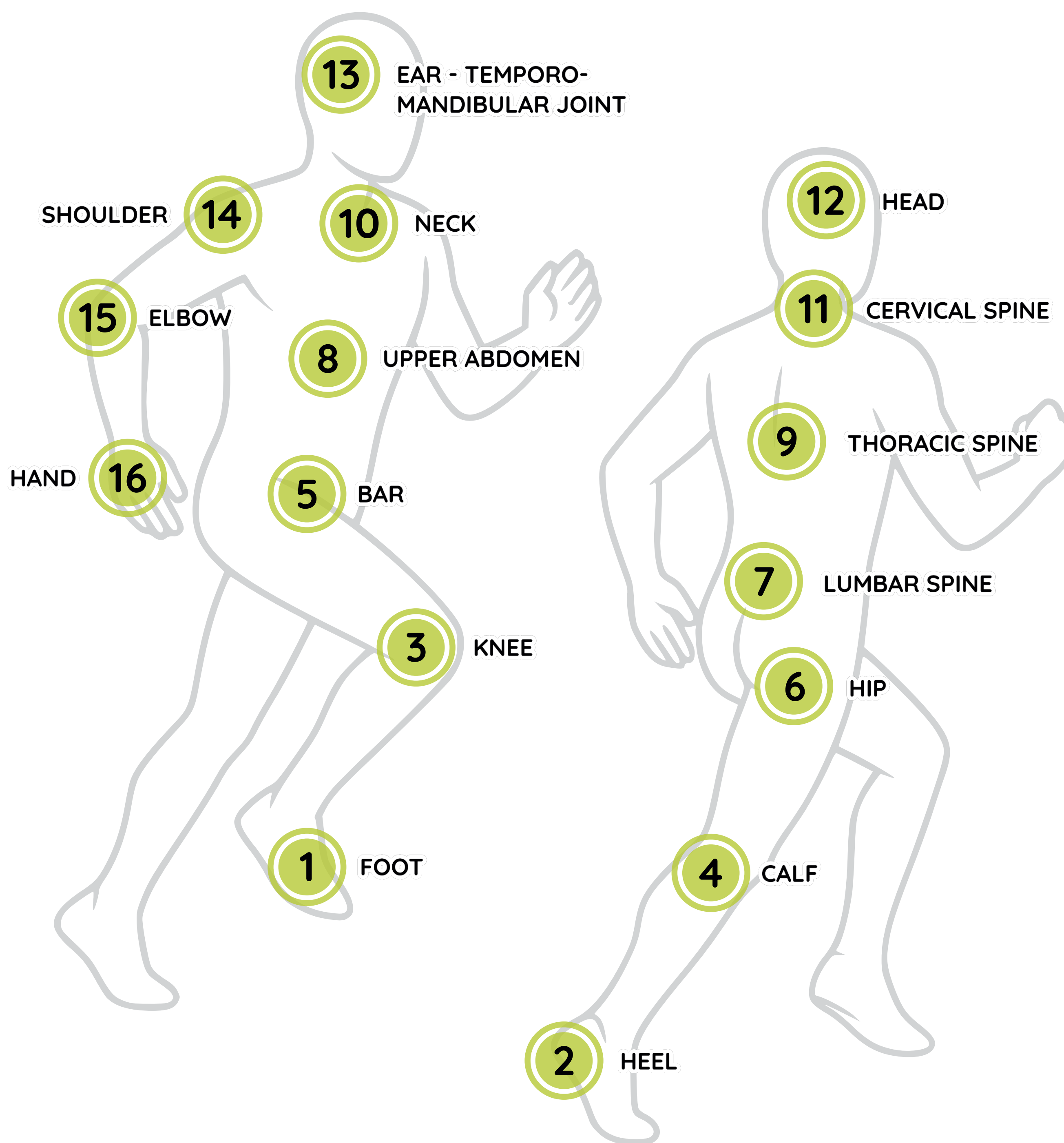
1	Flat feet (pronation & splayfoot)	04 05 06 08 09 12 14 16
	Bunion	03 05 08 12 13 16
	Ankle (sprains)	03 04 05 08 09 12 13 16
	Swollen legs	01 02 06 09 14 16
	Numb feet	01 05 06 09 14 16 20
2	Achilles tendon issues	04 06 09 14 20
	Heel spurs	04 05 06 08 09 12 14 16
3	Hamstring issues (Patellar tip syndrome)	01 04 06 14 15 17
	Medial meniscus problems	03 05 08 12 13 16
	Runner's knee (outer knee)	03 05 08 12 13 16
	Bowlegs / Knock-knees	03 05 08 12 13 16
4	Calf cramps	02 04 06 14 17 18
	Baker's cyst	04 05 06 08 09 12 14 16
5	Groin problems	02 05 08 12 16 18
	Adductor problems	02 03 05 08 12 13 16 18
6	Hip joint problems	02 04 05 08 12 16 17 18
	Sciatica	02 03 04 14 16 18
	Greater trochanter (Coxa saltans)	03 05 08 12 13 16

7	Lumbar spine problems	02 05 06 08 12 14 16 18
	Herniated disc	01 02 06 09 14 18
	Spondylolisthesis	01 02 06 10 14 18
	Spinal stenosis	01 02 06 09 10 14 18
	Sacroiliac joint blockage	02 05 08 12 16 18
8	Liver problems (Inflammation, weight gain)	01 03 05 08 09 12 13 16
	Stomach problems (Heartburn, belching, hoarseness)	01 02 04 08 09 12 15 17 18
	Heart rhythm disturbances	01 02 06 10 14 15 18
	Digestive problems	03 04 05 08 12 13 16 17
9	Feeling of tightness in the chest	01 03 05 08 09 12 13 16
	Vertebral blockages	01 03 06 08 09 12 13 14
	Inability to stand up straight	01 02 04 06 09 11 14 15
	Immobility (stiff spine)	01 04 05 08 09 12 13 16 17
10	Difficulty swallowing	01 02 04 09 11 15 18
	Breathing problems	01 03 04 09 13 15 20
	Lump in the throat	01 02 06 14 15 18 20
11	Stiff neck (Lumbago)	01 06 07 09 14 19 20
	Vertebral blockage	01 03 07 08 12 13 15 19 20

12	Migraine	03 07 08 12 13 19 20
	Headaches	01 03 04 07 09 13 14 19 20
	Difficulty concentrating	01 04 08 09 14 15 17 20
	Coordination problems	01 03 06 07 09 13 14 19 20
	Lack of motivation	03 04 08 09 12 13
13	Dizziness	01 03 06 07 08 09 12 13 14 17 20
	Tinnitus	02 06 07 14 15 18 19 20
	TMJ problems (Clicking, grinding, pain)	02 03 06 08 12 13 14 16
14	Elevated shoulder	03 04 07 08 11 12 13 19
	Shoulder-arm syndrome (Painful Arc)	03 04 05 07 11 13 14 19
	Supraspinatus syndrome	03 04 07 08 11 12 13 19
	Frozen shoulder	02 04 07 10 13 19
15	Tennis elbow	01 04 08 09 10 12
	Golfer's elbow	04 05 08 10 11 12 16
16	Trigger finger	01 04 08 09 10 11 12
	Rhizarthritis (thumb saddle joint)	01 04 08 11 12 16
	Numbness in the hands	01 04 07 08 09 10 11 12 19
	Wrist problems	04 05 07 10 12 16 19

CHAIR IN UPRIGHT POSITION

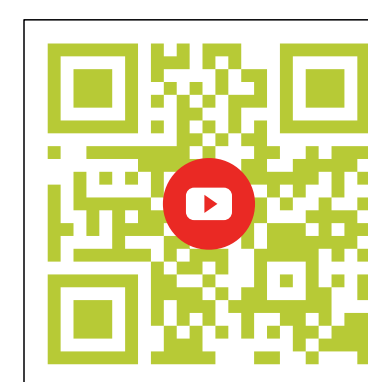
CHAIR IN RECLINED POSITION



Workout Tips

- + Chin to chest
- + Repeat each exercise 1-3 times
- + Hold for 20-30 seconds
- + 2-3 times a week

You can work out in your work clothes & shoes



07



06



05



04



03



02

