

Strong, stable and balanced

Our muscular system is our body's support structure and motor, enabling movement and many vital functions.

Not all muscles are the same

We distinguish between superficial and deep muscles. The superficial muscles enable large movements, can generate a great deal of strength and withstand enormous loads and strenuous activity. However, they do tire after a certain amount of time. Strength training can visibly tone these muscles – like the biceps. Deep muscles are not visible, generate less strength and do not tire. They are activated by small movements and support coordinating actions.

Focus on deep muscles

The deep muscles include those surrounding the spine and the joints. They stabilise individual vertebrae. Other such muscles are the pelvic floor, deep abdominal and intercostal muscles. Good muscle tone has a large number of health benefits: upright posture, a more mobile spine, less tension or back pain, better balance.

Targeted training for greater stability

Unlike the superficial muscles, the deep muscles cannot be tensed consciously. Nevertheless, we can strengthen them through balancing and stability exercises, coordination activities, finger games and sensorimotor training. In particular, as people age, it becomes important to focus on stabilising the body, ideally with a combination of exercises to activate both the superficial and deep muscles.



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