

REHAB TRAINING

fibromyalgia



BUNGEE PUMP
of Sweden

Training program developed by BungeePump in
collaboration with reg. physiotherapist Rovena Westberg

Fibromyalgia is a lifelong disease that usually affects women. Symptoms of the disease are body-wide pain and tenderness in the soft tissues; abnormal fatigue and bowel problems are also common.

In research studies physical activity has shown to give equivalent results to medical treatment. The primary focus is on low intensity exercise to improve strength and endurance.

What is important when it comes to exercise is to begin with a program that is below your current physical level. Improve your endurance and build up your workout routine to 20-30 minutes of moderate intensity exercise on a regular basis, preferably most days of the week. It's important that you take your time and set up goals that are reasonable.



All physical activity increases the nourishment to various body structures, increased circulation, increased stamina and strength, as well as improved coordination and balance.

To maintain a good fitness is an investment in your future.

It's never too late to start moving and exercising!

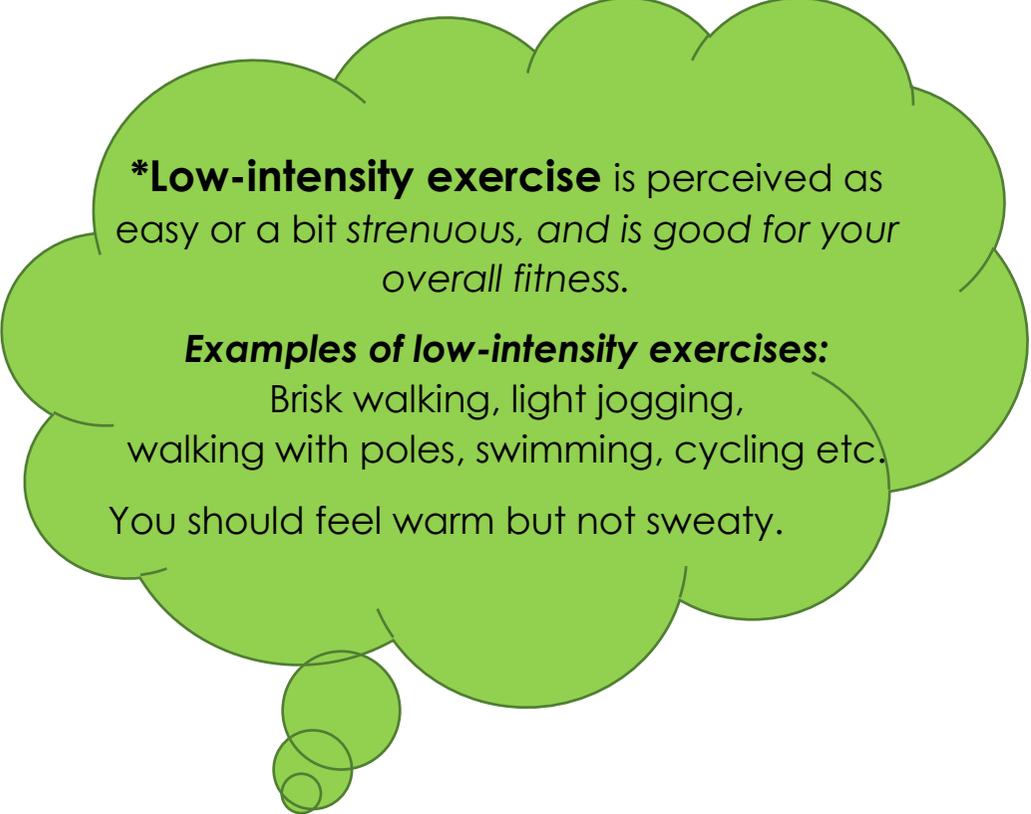
Rovena Westberg

Reg. physiotherapist, Toppform Sjukgymnastik

Mobility and endurance training with poles

Begin your workout with a low-intensity* walk with poles where you in intervals focus on pressing down the poles with different intensity levels.

Remember that everyone have different preconditions, so work to your ability, start off gently and increase the pace and intensity only when you feel strong and confident.



***Low-intensity exercise** is perceived as easy or a bit *strenuous*, and is good for your overall fitness.

Examples of low-intensity exercises:

Brisk walking, light jogging, walking with poles, swimming, cycling etc.

You should feel warm but not sweaty.

Exercise 1

Execution: With feet shoulder width, hold the pole with both hands and place it in front of your body. Hold the pole against your chest with bent elbows, lift your foot and move the end of the pole towards opposite foot (knee). Return the pole to the original chest position and move again towards the other foot (knee).

Keep in mind: Don't rush through the exercise; take the time to perform the exercise correctly.

Muscles groups primarily activated:
Complete exercise with main goal to increase mobility and endurance in all of the body's muscle groups.

Repetition: 10 times x 1-3 reps.

Advice! For added intensity, compress pole during exercise, more or less, according to your own ability.



Exercise 2

Execution: With feet shoulder width, place the pole behind your back in horizontal position. Hold the pole with both hands, move the end of the pole towards opposite heel while simultaneously lifting the heel towards the pole. Return back to the original position and alternate to move the pole towards the other heel.

Keep in mind: Don't rush through this exercise; take your time to perform the exercise correctly.

Muscle groups primarily activated:

Complete exercise with main goal to increase mobility and endurance in all of the body's muscle groups.

Repetition: 10 times x 1-3 reps.

Advice! For added intensity, compress pole during exercise, more or less, according to your own ability.



Exercise 3

Execution: Stand with feet shoulder width, holding the pole with both hands hanging in front of the hips and slightly bent knees. Tilt the upper body forward, bend the knees so that the pole reaches and touches the knees. Then move the pole upwards with straight arms to above the head and stretch out your chest muscles. Resume to original position.

Keep in mind: Don't rush through this exercise; take your time to perform the exercise correctly.

Muscle groups primarily activated:

Complete exercise with main goal to increase mobility in chest musculature and endurance in thigh musculature.

Repetition: 10 times x 1-3 reps.



Advice! For added intensity, compress pole during exercise, more or less, according to your own

Exercise 4

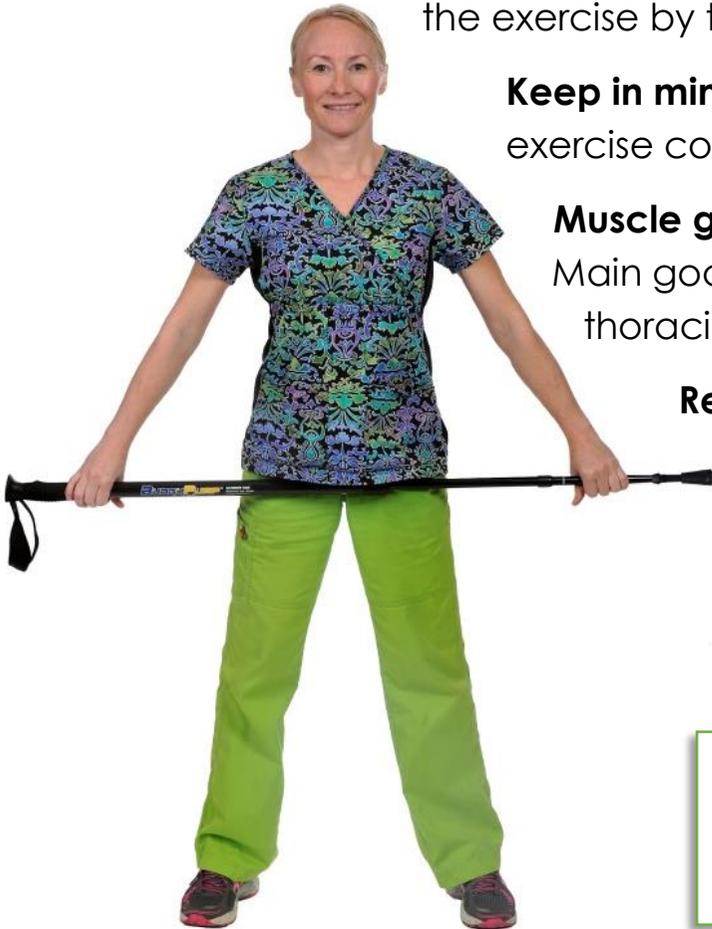
Execution: Stand with feet shoulder width holding the pole with a wide grip. A paddle exercise where you for each paddle stroke simultaneously perform a squat. Keep your eyes focused straight ahead through out the exercise, work in a slow pace from side to side and chose the intensity of the exercise by the depth of the squat.

Keep in mind: Don't rush through this exercise take your time to perform the exercise correctly.

Muscle groups primarily activated:

Main goal with this exercise is to increase mobility in the thoracic spine as well as endurance in leg musculature.

Repetition: 10 times/side x 1-3 reps.



Advice! For added intensity, compress pole during exercise, more or less, according to your own ability.



Exercise 5

Execution: Stand with feet shoulder width holding the pole in between both hands. Add pressure from below to move the arm diagonally upward/backward as far out as you can in a slow paced movement. Resume to original position and alternate direction.

Keep in mind: Don't rush through this exercise, take your time to perform the exercise correctly.

Muscle groups primarily activated:

Main goal with this exercise is to stretch the chest muscles, increase mobility in the thoracic spine as well as the endurance in the upper body muscles.

Repetition: 10 times/side x 1-3 reps.



Advice! For added intensity, compress pole during exercise, more or less, according to your own ability.



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