



REHAB PROGRAM

Heart & Lung

BungyPump
of Sweden

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



Fun Exercise = Quality of life
Healthier Hearts!

Physical activity helps to keep us healthier and strengthens our immune system. Physical activity also strengthens our heart and improves oxygen uptake and overall stronger muscles.

A better fitness level improves your stamina.

As a result our everyday activities and choirs are experienced as less draining and tiring.

It's never too late to start moving!

Rovena Westberg
Reg. physiotherapist
Toppform Sjukgymnastik



Pole walking class + exercises

approx. 45 minutes

Warm up:

Start off easy, increase the load gradually by pressing down the poles in intervals. The heart rate should increase and both muscles and joints warmed up. Hold a walking pace where you can keep a conversation going for 10 minutes.



Flexibility:

Stay for about 5 minutes and complete the following three exercises:



1. Torso rotation

Execution: With feet shoulder width, straight posture, place the pole behind your neck or in front of your chest, rotate your upper body as far out as you can to one side and same thing to the other side.

Keep in mind: Don't rush through this exercise. Take the time to stretch both sides properly, and performing the exercise correctly.

Muscle groups primarily activated:

Complete exercise with main goal to increase flexibility in the torso muscles.

Repetition: 10 times x 2 reps

Advice! To increase the intensity, compress pole during exercise, more or less, according to your own ability.



2. Flexibility/strength in torso/back muscles

Execution: Feet shoulder width, hold the pole with straight arms and place it above your head. Tilt the upper body from side to side in a slow motion.

Keep in mind: Don't rush through this exercise. Take the time to stretch both sides properly and performing the exercise correctly.

Muscle groups primarily activated:

Complete exercise with main goal to increase flexibility and strength in the back and torso muscles.

Repetition: 10 times/side x 2 reps

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



3. Pendulum swing with bent knees

Execution: Feet shoulder width, holding one pole in each hand hanging down next to your hip. Move your arm diagonally while performing a squat at each pendulum motion.

Keep in mind: Don't rush through this exercise, but take your time to execute the exercise correctly. Fully commit to the pendulum swing and make it big.

Muscle groups primarily activated: Complete exercise with main goal to increase flexibility and strength in chest and back muscles as well as endurance in the thighs.

Repetition: 10 times x 2 reps.



4. Strength and fitness

Pole walking interval training 10 minutes:

Walk two and two after each other and take turns to “overtake” one another.

When walking alone you can for example increase your walking pace between two road lights, then walk at a slower pace for two, and keep alternating like that.



5. Pole walking interval with exercise

Alternate walking with heel raises.

Walking 1 minute: Fast paced walk where you are emphasizing on pressing down the poles.

Heel raises 1 minute: Do heel raises and simultaneously press down the poles. Keep your elbows slightly bent and close to your body. Repeat for 1 minute. Remember to not rush through the exercise, take your time to execute the exercise correctly.

Repetition: 3 rounds.



6. Pole walking interval with exercise

Alternate normal walking with lunges.

Walking 1 minute: Fast walking pace with long strides where you are emphasizing on pressing down the poles.

Lunges 1 minute: Take one step forward, perform a lunge and press down the poles simultaneously. Resume to original position, switch foot and perform a lunge again. Repeat for 1 minute. Remember to not rush through the exercise, take your time to execute the exercise correctly.

Repetition: 2 rounds.



7. Cool down and Stretch



Cool down:

Walk with the poles in a slow pace for approximately 5 minutes.

Stretch:

Finish off by stretching the muscles you have used the most.



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