

# BUNGY PUMP *of Sweatin*

## GET STARTED PROGRAM

with 6 weeks schedule



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## 1. Introduction

### 1.2 What is BungyPump?

## **Training with BungyPump - a MULTIFUNCTIONAL way of exercising.**

**Fitness** | **Weight Loss** | **Rehabilitation** | **Strength Training** | **Endurance**

Training with BungyPump combines walking, together with strength, coordination, endurance and stretching exercises. It targets both the upper and lower body, resulting in 90% of the body's muscles being activated and up to 77% increased burning of calories. BungyPump creates a workout for everyone who wants to improve their fitness and build a stronger and more flexible body.

BungyPump is one of the most successful fitness products on the Swedish market today. It has proven to be extremely popular with all ages and fitness levels, and has managed to capture the imagination of those who don't usually participate in regular exercise.

The BungyPump training poles have succeeded in breaking down traditional barriers between fitness activities by appealing to everyone's needs, be they rehabilitation, regular exercise, more demanding physical activity or weight loss. You can use your poles indoors as well as outdoors.

**Training with BungyPump is a key to lifelong well-being.**



## 2. Training


### 2.1 Different Levels of Exercise

When exercising you not only improve your fitness, but you also get a better posture and more energy for your everyday life. There are different levels of exercise depending on the performed activity.

**Daily activity** – this includes all types of movements performed during daily tasks such as cleaning, cooking, grocery shopping and much more.

**Physical Activity** – planned physical activity such as a 30-minute high paced walk.

**Training** – planned activity with the objective to improve performance capacity, fitness and strength. This could be running, weight training etc.



**Small changes  
can give BIG  
results!**

### 2.2 General exercise advice

- Knowledge about exercise gives you tools and the opportunity to improve your health.
- Everyone can exercise regardless of age, strength or health condition.
- Include interval training, and use stairs and hills to increase endurance, strength and fitness.
- Be outside in the fresh air and be in close touch with trees and nature in general. All this releases endorphins within our bodies and creates well-being.
- Find a good balance with your exercise that includes enough rest and a good diet. We are all different - find a balance that is right for you.
- Remember to have fun when exercising.
- Enjoy being in the outdoors.
- As our habits improve, so does our health.
- Consult with a professional, such as a personal trainer or physiotherapist, in order to get a workout routine that is perfect for just you and that accommodates your needs and wants.



## 2.3 Improvements from physical activity

**BRAIN** - is affected. Our memory, learning and concentration mechanism is improved. The release of signal substances, such as dopamine and serotonin, increases our well-being and allows us to be more resistant to stress.

**BLOOD PRESSURE** - is stabilized and as a result the heart and blood vessels are not as strained.

**BLOOD SUGAR** - goes down to a more healthy level.

**HEART** - is pumping more efficiently. It becomes stronger and larger, and in turn, the resting heart rate is lowered.

**BLOOD VESSELS** - become wider. This helps the blood to reach the heart and all the muscles easier. It also decreases the risk for blood clot.

**IMMUNE SYSTEM** - is enforced with moderate exercise.

**ENERGY INTAKE** - increases and as a result the very dangerous abdominal fat decreases.

**BLOOD LIPID** - improves.

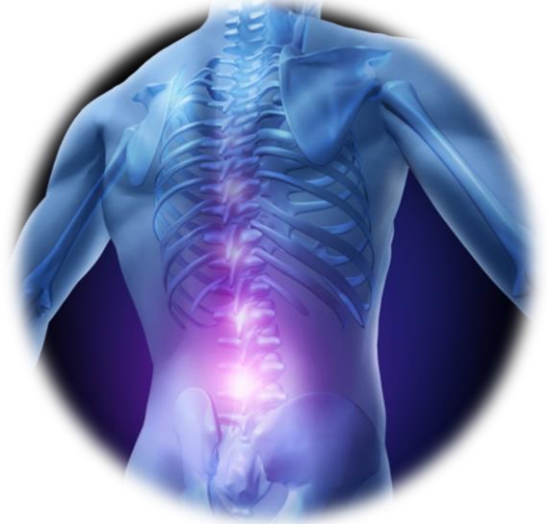
**MUSCULAR SYSTEM** - becomes more enduring. Takes up the glycols and the fatty acids more efficiently and as a result the blood sugar level is more stabilized.

**STRESS HORMONES** - in the blood, such as adrenalin, go down. This in turn relieves the pressure on the heart and improves both the sleep habits and the overall well-being.

**COORDINATION** - improves, as well as the sense of balance and reactivity. The risk of falling over is reduced.

**MAXIMUM OXYGEN UPTAKE** - improves.

**BONE STRUCTURE** - strengthens, as well as fascia and cartilage.



## 2.4 Heart Rate Training

A heart rate is the average number of heart beats per minute, and a heart beat is when the heart contracts to pump blood through the body. In order to calculate your maximum heart rate (MHR), follow the instructions below.

**Men** – Deduct your age from the number 220.

**Women** – Deduct your age from the number 226.

*Example (Women): 226 – age 45 years = 181 MHR.*



### Why heart rate training is important?

It is advisable to keep track of your maximum heart rate when exercising as it can be used to measure whether the exercise you are performing is actually enough to raise your heart rate to a satisfactory level. If you learn to understand the different types of heart rate and what they entail, you can better understand your body and improve your overall fitness and health.

In order to indicate the overall health of your heart and your fitness level, measure your resting heart rate. The higher your resting heart rate, the more effort the heart needs to make in order to pump blood through the body. The lower your resting heart rate, the better your condition.

### Below are guidelines for the recommended heart rate level for each type of training.

**50-60%** of maximum heart rate = very low intensity training

Warming up or walking while still keeping a normal conversation.

**60-70%** of maximum heart rate = low intensity training

Your level of fitness is improved as well as your body is burning off fat for fuel.

**70-80%** of maximum heart rate = medium intensity training

The level of endurance is improved, the lungs are strengthened and the oxygen uptake is higher.

**80-90%** of maximum heart rate = high intensity training

Very straining, the ability of oxygen uptake is stronger as well as milk acid durability. Alternate with low intensity training.

**90-100%** of maximum heart rate = high intensity elite level.

Extremely straining with high levels of milk acid. Usually used by elite athletes during interval training.

### 3. BungyPump 6-week Training Program

A 6-week training program that will transform anyone into a BungyPump expert! Before the 6 weeks are over you will have improved your fitness and strength, increased your calorie burn and enhanced your overall well-being. After completing this 6-week training program you can easily continue walking 4-5 times a week with varied time and percentage of heart rate.

Week	Total min.	Warm up min.	Walking min.	Strength min.	Stretching min.	Interval days	Resting days
1	30	-	30	-	-	-	-
2	40	5	30	-	5	-	2
3	50	5	30	10	5	2	2
4	60	5	40	10	5	3	2
5	70-90	10	50-60	10-20	5	5	2
6	70-90	10	50-60	10-20	5	2	2

**MHR** = Maximum Heart Rate

**Interval Training** = Mix between different techniques, for example switch between walking the *Standard Swing* and the *Double-step* five minutes each.

Below are the three different walking techniques:

**Standard swing** - the classical style.

**Double-steps** - mostly used in uphill walking or jogging.

**Pendulum walk** - when you take four steps with your feet but only two steps with the training poles. This technique is suitable when the walking speed makes it hard to press down the training poles for every step, but can also be used as a nice substitute for the standard way.



## Example for the 6-Week Training Program

### Week 1

Get familiar with BungyPump and the technique by taking daily 30-minute walks at 50-60% of MHR. The first week lets your body warm up and get used to the training poles.

Rest: 0 days

### Week 2

Take 40-minute walks at 50-60% MHR three days and 40 minute walks at 60-70% MHR two days. Your body is starting to adapt to the new workout routine.

Rest: 2 days

### Week 3

Increase the amount of minutes for each walk, as well as the pace. Take 50-minute walks at 60-70% MHR three days and 50-minute walks with interval training at 70-80% MHR two days. Your body is starting to burn off calories.

Rest: 2 days

### Week 4

Increase the amount of minutes even more each walk. Now take 60-minute walks at 60-70% MHR two days and 45-minute walks with interval training at 70-80% MHR three days. Your body is burning calories at high speed.

Rest: 2 days.

### Week 5

By this week you are an experienced user of BungyPump. Increase the amount of minutes for each walk and push yourself even more. Take 60-minute walks with interval training at 70-80% MHR three days and 30-minute walks with interval training at 80-90% MHR two days. Your level of fitness is improving.

Rest: 2 days

### Week 6

Last week and you are now walking and exercising in full capacity. Push yourself to the maximum this week. Take 60-minute walks at 70-80% MHR two days, 60-minute interval training at 80-90% MHR two days and a 30-minute walk at 100% MHR once. Now you should see clear results in both calorie consumption and the level of fitness.

Rest: 2 days

Remember, in order to reach your weight goal or fitness level, you need to continue exercising with BungyPump regularly. It is important that you find a balance between diet, exercise and rest.



## Good Luck and Believe in Yourself!



## 4. Selection of Exercises

### 4.1 Warm up and Stretching

The below exercises can be used for both warming up and stretching.

#### Arm Swing

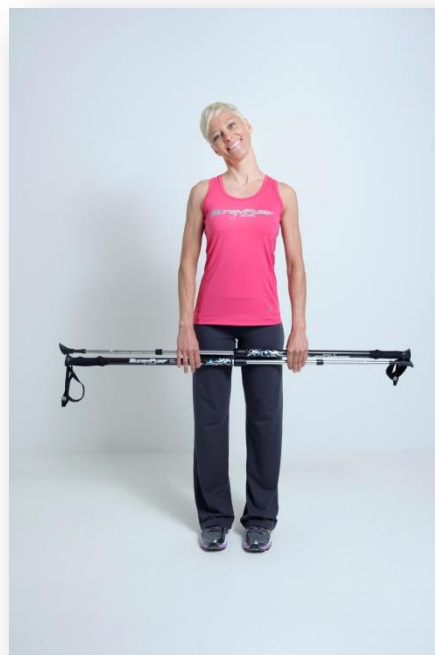
Hold the middle part of the pole with each hand. Swing your arms back and forth and lift your legs to a 90 degree angle as if you were marching, but stay in one place. Swing opposite arm and leg.

**Challenge:** Keep marching, but add more bounce to it and lift your legs higher.



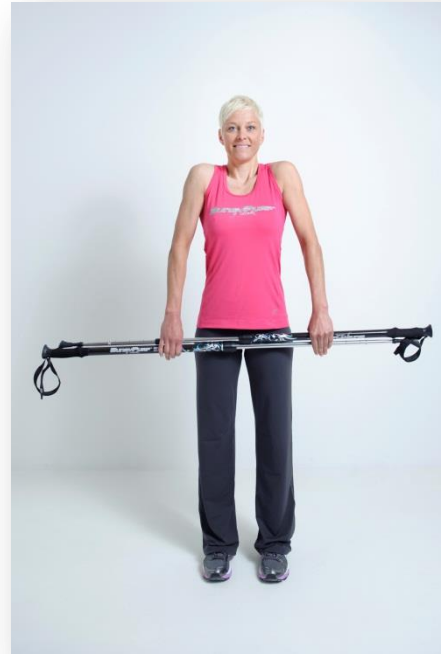
#### Neck Bend

Hold both poles with straight arms lowered. Straighten the back and lower the shoulders. Tilt the head to the right and feel the neck stretch. Repeat for the left side.



## Shoulder Shrug

Hold both poles with both hands and arms hanging down. Straighten the back and lower the shoulders. Lift your shoulders up towards your ears and let them down. Repeat.



## Upper Body Twist

While holding the both poles, place them behind your shoulders. Stand with both feet facing forward and shoulder-width apart. Use the poles to keep your upper body straight and turn the upper body, while holding the poles, to the right side. Repeat the same movement to the left side.



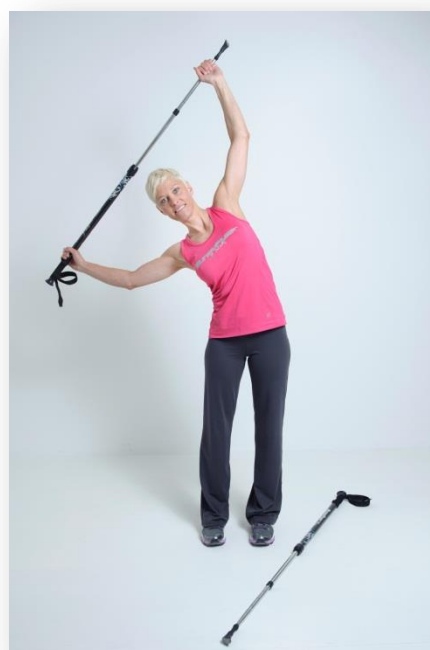
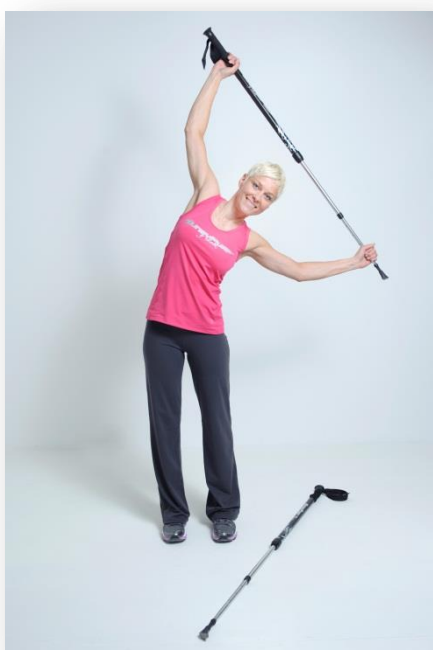
## Shoulder Stretch

Hold both poles above the head and stand with feet together. Keep the back straight and start moving the arms in a backward motion.



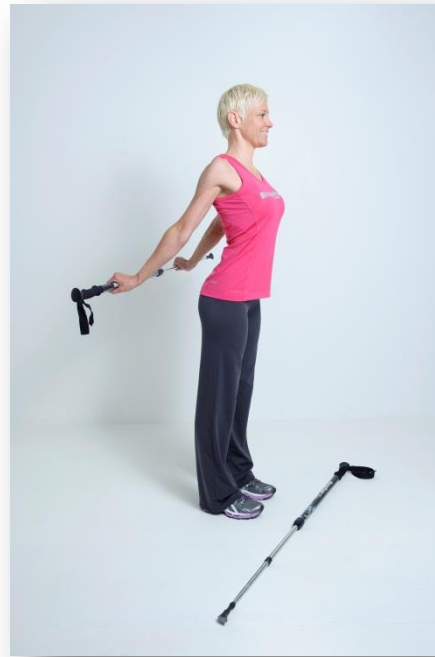
## Half Moon Swing

Hold one pole with both hands above the head with both arms slightly bent. Bend the whole torso in line with the body to the right, but make sure to keep your legs and hips still. Repeat this to left side as well.



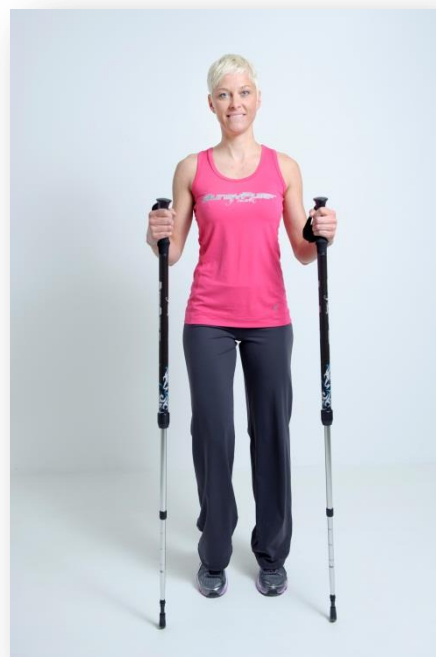
## Back stretch

Hold one pole with straight arms behind your back. Keep the front of your hand turned to your body. Press the pole outwards and upwards, and feel the chest and arms stretch. Alternate with having the front of your hand turned away from the body.



## Toe Lift

Place both poles on the ground in front of you at shoulder-width and with both arms holding the poles. Stand with feet shoulder-width apart. Put one foot into a toe standing position and slowly lower the foot back to the floor. Repeat for each foot.



### **Hamstring Stretch**

Hold both poles in front of the body with slightly bent arms. Extend the right leg forward, place the heel on the ground and point toes towards the ceiling. Bend the left knee and feel the backside of the front legs thigh stretch (hamstring). Switch legs and repeat.



### **Back Leg Stretch**

Hold both poles in front of the body with slightly bent arms. Place one foot in front, in line with the poles, and bend it slightly. Take a big step backwards with the other leg and stretch it out. Press down the forward leg and come into a partial lunge position. Feel the front of the rear leg stretch.





## 4.1 Strength

### Wing Press

Keep the arms slightly bent and reach them out so that the body resembles a “T”. Straighten the back and lower the shoulders. Hold each palm on top of the shaft of the pole and press both down. Keep in mind to only be moving your arm muscles.

**Challenge:** When pressing down the poles, hold them pressed for 5 seconds each and then release.



### Arched Back

Stand with legs shoulder-width apart and arch the back so that the upper body is bent forward. When in this position, place both poles in front of the body with arms stretched out forward. Press down both poles and make sure to only use the arm muscles.

**Challenge:** When pressing down the poles, hold them pressed for 5 seconds each, and then release.



## Cross Leg

Hold both poles in front of the body with arms wider than shoulder width. Put the palm of the hand on top of the handle for balance. Bend one leg at a 90-degree angle and place your ankle on the opposite knee. Stand in position and hold balance. Switch legs and repeat.

**Challenge:** While in position and having the arms stretched out in front of the body, press down both poles. Try and bend your knees simultaneously.



## Chest Press

Hold one pole with both hands and slightly bent arms in front of your chest. Straighten and lower the shoulders. While holding, press the pole together and release.

**Challenge:** While pressing the pole together, bend your knees.



## Arm Toning

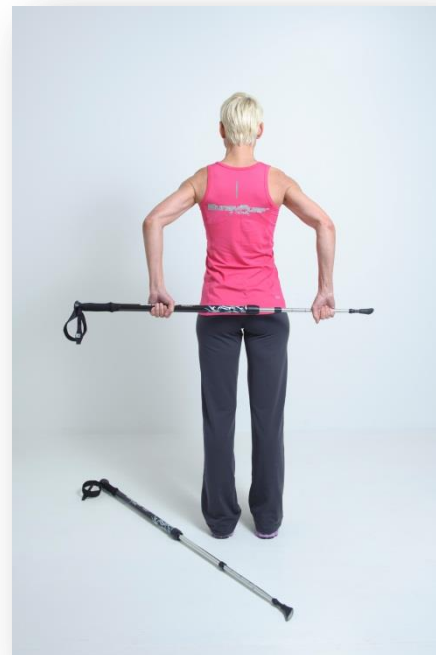
Hold one pole with both hands above the head with the arms opened at a 90-degree angle. Straighten and lower the shoulders. While holding, press the pole together and release.

**Challenge:** While pressing the pole together, bend your knees.



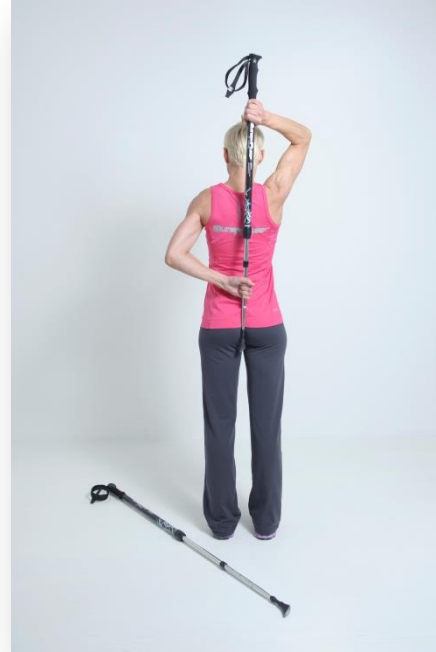
## Back Bound

Hold one pole with both hands behind the lower back area. Straighten and lower the shoulders. Press the pole together.



## Vertical Press

Hold one pole with both hands and place it behind your back in a vertical position. One hand will be positioned at the lower back and the other above the head. While holding, press the pole together and release. Switch hands and repeat.



## 5. Holistic Approach to Well-Being

### 5.1 Dietary Advice

There are many theories surrounding what types of food we should eat and what we should stay away from. We are all different and need a diet that is adjusted to our body and lifestyle. What we all have in common is the need of vitamins, minerals, carbohydrates, fats and protein in order to function and feel good. Get to know your body and become aware of what type of diet and food it needs.

For example, sugar is a quick source of energy, but will drop just as fast. Consuming sugar is not the ultimate solution for long-lasting energy. When eating lots of fruits, vegetables and nuts you consume most of what your body needs, but remember that we are all different and that it is important to try and see what works best for you. Our body is always communicating with us, we just need to take the time to listen to it.

#### Carbs

Carbohydrates (Carbs) is a generic name for sugar, starch and dietary fiber. Carbs give energy to the body's muscles and for the brains activity. It can be found in bread, pasta, potatoes, rice, fruits and vegetables.

#### Fats

Fats give energy to our muscles, but also helps the body to take up vital vitamins from the food. Fats give the most energy and have a lubricating effect on the joints. It can be found in milk, cheese, crème, oils and meats.

#### Proteins

Protein is included in all cells of the body and is there to build and repair muscles, as well as contribute to the energy supply. It can be found in meat, fish, seafood, egg, milk and cheese.

#### Vitamins and minerals

Vitamins, minerals and antioxidants are important and contribute to, for example, keeping us healthy and ensuring that food is transformed into energy. Antioxidants are also known for preventing premature aging and helping the body get rid of toxins and heavy metals. We get the majority of our vitamins from fruits and vegetables.





## 5.2 Balance – Mindfulness

Mindfulness is to be completely present in the moment, without any thoughts of the past or future. To be aware of and use all our senses: sight, hearing, smell, taste and touch. To be aware of both our body and soul, and to let thoughts wander free without analyzing everything. Being able to capture moments and stay in the present. Be aware of each moment and find your inner peace.



### Senses in Focus

Focus on your senses; sight, hearing, smell, taste and touch. For example, place yourself in front of a lit candle with some relaxing music in the background and watch the flame burn while breathing easy. Make yourself a cup of tea and try to be present in this moment. Don't let your thoughts get any room, release them and instead focus on your senses and the lit candle. This type of example will help you become more calm and present, and consequently help you deal with everyday life in a much easier way.

Try to use this type of technique while working out outdoors. Absorb and really see all the beauty, inhale the outdoor smell and feel the wind against your cheeks. Focus and be aware of your senses, breath easily and

allow yourself to be present in the moment.

For our body to work optimally, we must provide it with the right type of thinking, healthy diet, lots of oxygen, physical activity, and last but not least, a lot of love and care. In return we will receive a healthy and rich life.

