

# REHAB TRAINING

fibromyalgia



**BUNGYPUMP**  
*of Sweden*

Training program developed by BungeyPump 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!***

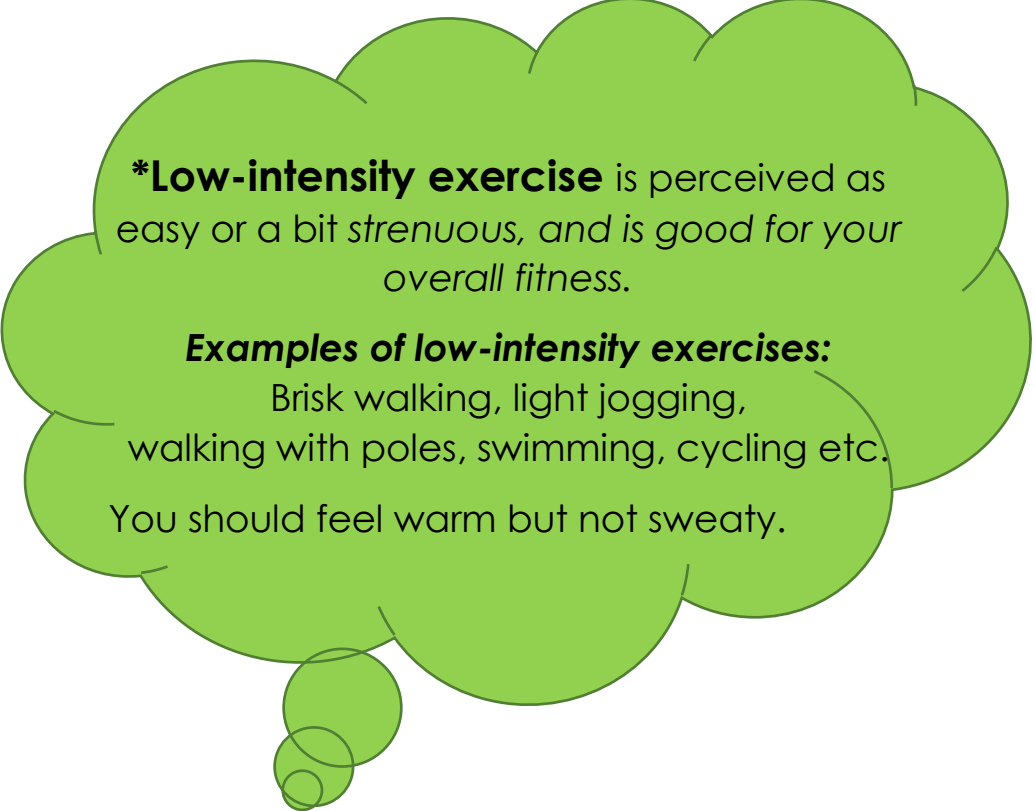
**Rovena Westberg**

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

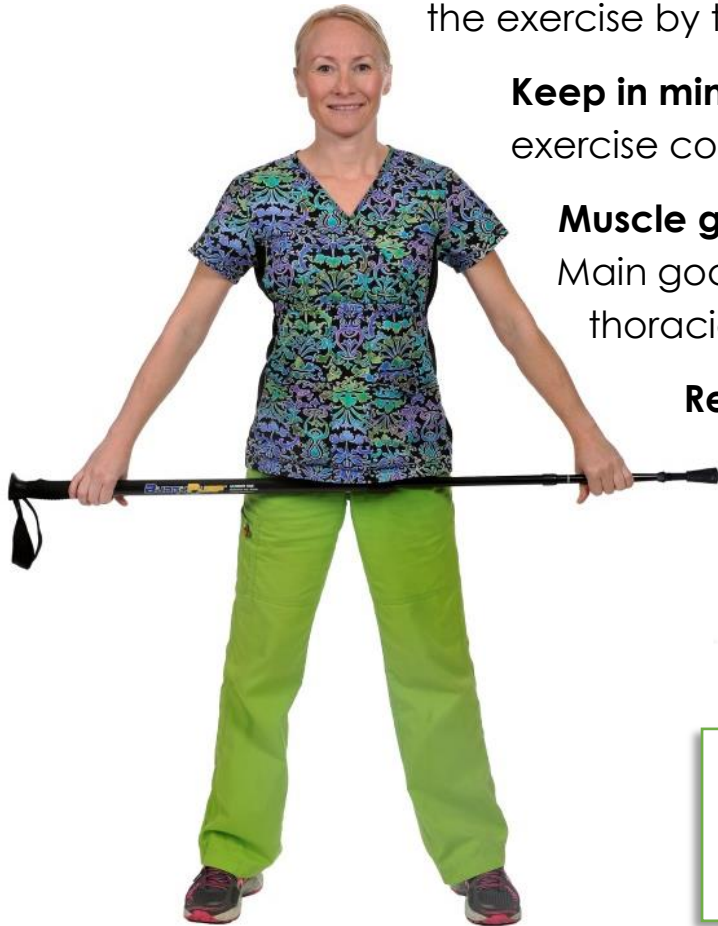
**Execution:** Stand with feet shoulder width holding the pole with a wide grip. A paddle exercise where you for each paddle stroke simultaneously perform a squat. Keep your eyes focused straight ahead through out the exercise, work in a slow pace from side to side and chose the intensity of the exercise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



# Additional exercises to vary the training

## Exercise 6: Strength, back and shoulders

**Execution:** With feet shoulder width, keep your upper arms close to the waist and place the poles down on the ground slightly angled backwards. Walk in one place and simultaneously press down the poles for each step you take.

**Keep in mind:** Keep your back straight, tighten your stomach and torso, lower your shoulders and look straight ahead. Don't rush through the exercise, but make sure to execute it in your own pace and focusing on the quality in each movement.

**Muscle groups primarily activated:** Main goal with this exercise is to strengthen the torso and back musculature, and exercise the stability in the shoulders.

## Exercise 7: Endurance in back, rowing with poles

**Execution:** Stand with feet shoulder width and slightly bend knees. Grip the poles, one in each hand (grip the center of each pole) and let them dangle besides your body in a horizontal position. Tilt forward with a straight and strong back. Let the arms hang down relaxed. Tighten your back muscles and lift up both poles at the same time along the body and pressing the shoulder blades together. Resume to starting position and repeat.

**Keep in mind:** Holding tension in your torso can make it easier to keep a strong back throughout the entire exercise. Don't rush through the exercise, but make sure to execute it in your own pace and focusing on the quality in each movement.

**Muscle groups primarily activated:** Back and shoulders.

**Repetition:** 10 times x 1-3 reps.

## Exercise 8: Leg pendulum

**Execution:** Stand firmly on the ground with your feet shoulder width. Grip one pole at each end with both hands and hold in a horizontal position shoulder height. Perform the leg pendulum forward and backward while holding the upper body straight throughout the entire exercise. Make sure the swinging leg isn't touching the ground.

**Keep in mind:** Maintain stability in the body throughout the exercise. Don't rush through the exercise, but make sure to execute it in your own pace and focusing on the quality in each movement.

**Muscle groups primarily activated:** Balance and torso stability.

**Repetition:** 5 times x 2-3 reps per leg.

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

## Exercise 9: Mobility, torso rotation

**Execution:** Stand with feet shoulder width and slightly bent knees. Use the support from holding one of the poles slightly in front of your body. Lean slightly forward while keeping your back in a strong and straight position. Grip the other pole in the middle with your other hand and lift that arm upwards to shoulder height and rotate backwards with your upper body as far as you can. While rotating keep your eyes on the pole and finally resume to starting position and repeat.

**Keep in mind:** Holding tension in your torso can make it easier to keep a strong back throughout the entire exercise. Don't rush through the exercise, but make sure to execute it in your own pace and focusing on the quality in each movement.

**Muscle groups primarily activated:** Mobility in back and shoulders.

**Repetition:** 5-10 times x 1-3 reps per side.

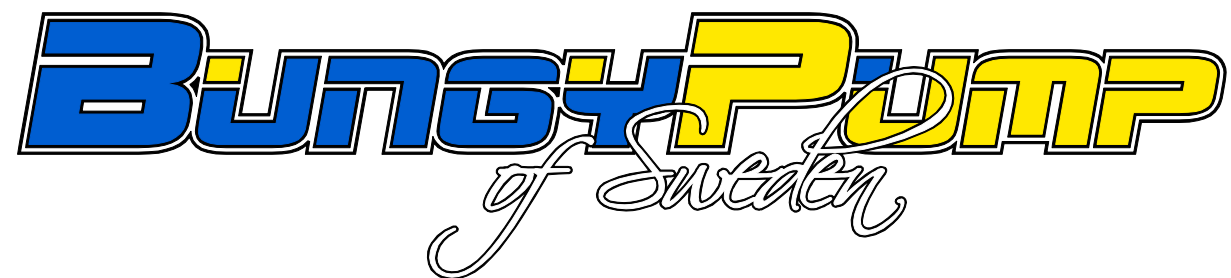
## Exercise 10: Side lunge with lift

**Execution:** Stand with your feet slightly wider than shoulder width and with a proud posture. With a wide grip hold one pole in a horizontal position, hanging down in front of your body. Take one step to the side with your right leg and bend it as you simultaneously lift the pole with straight arms above your head. Keep your left leg straight and the whole foot touching the floor. Push away with your right leg back to starting position and lower your arms back down again. Repeat the same exercise to the left side, and continue alternating.

**Keep in mind:** Don't rush through the exercise, but make sure to execute it in your own pace and focusing on the quality in each movement.

**Muscle groups primarily activated:** Butt and legs.

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



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