



# 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.



## 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.



## 4. 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.





## 5. 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.



## 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.



# *Additional exercise to vary the training*

## **6. Shoulder lift with poles**

**Execution:** Stand with feet shoulder width and with slightly bent knees. Hold one pole in each hand (grip the center of the pole) and let them hang down beside the body in a horizontal position. Tilt your body forward while keeping your back straight. Relax your arms and let them hang down towards the floor. Activate your shoulders and shoulder blades in order to lift both of the poles at the same time. Keep your arms straight and lift upwards and outwards and until you reach shoulder height or as far up as you can. Resume to starting position and repeat.

**Keeping 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:** Entire back, but mainly upper section and back side of shoulders.

**Repetition:** 10 times x 2 reps.



## 7. Jumps with high knees

**Execution:** Walk or jog while doing jumps with high knees, where you for each jump are pressing down the pole to the ground behind you and propel yourself forward for the next jump. Alternate jumps for 30-60 seconds and walking with poles for 30 seconds.

**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:** Entire back, hips, thighs and calf musculature.

**Repetition:** 3 repetitions.

## 8. Paddling with poles

**Execution:** Stand with feet shoulder width and slightly bet knees. Hold one pole in each hand (grip the center of the pole) and let them hang down beside the body in a horizontal position. Tilt your body forward while keeping your back straight. Relax your arms and let them hang down towards the floor. Tighten your back muscles and lift up both poles at the same time along side the body and pressing together your shoulder blades. 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 2 reps.



## 9. Lunges with poles

**Execution:** Stand with feet shoulder width and with a proud posture. Hold one pole with both hands and a wide grip above your head. Bend your legs and lower your butt towards the floor, turn back up again just before you start having to hunch your back. Straighten your legs out again and try to keep your arms straight throughout the entire exercise. If you feel that you can keep your arms straight, try to place the pole to rest across your chest.

**Keep in mind:** Make sure to not pull your shoulders up to your neck but to stay relaxed through 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:** Complete exercise with main goal to increase the mobility/strength in the back musculature as well as endurance in thigh and calf muscles.

**Repetition:** 10 times x 2 reps.

**Advice!** For added intensity, compress or pump the pole during the exercise.

## 10. Mobility exercise with poles

**Execution:** Stand with feet shoulder width. Hold one pole with both hands and a wide grip (with the palms facing backwards), behind your back in waist height and with the pole in horizontal position. Move one end of the pole towards the opposite heel, while simultaneously lifting that heel towards the pole. Let your upper body follow this movement, but make sure to keep your arms straight at all times. Resume to starting position and repeat the exercise for the opposite as well.

**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:** Complete exercise with main goal to increase mobility and endurance in all muscles of the body.

**Repetition:** 10 times x 2 reps.



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