

Patient 3 Advanced/Advance Progression

Advance Progression

Full Body Advanced Progression Workout Program

Before starting any exercise ensure that you have cleared adequate space which is free of trip hazards. During each exercise you should be able to feel your heart and breathing rate increase but still be able to hold a conversation, if you feel dizzy or light headed, STOP! take a rest and seek medical attention if you are concerned. Ensure you have fuelled yourself before and after exercise. Drink water throughout the session and ensure to hydrate well afterwards.

Last Modified: 30/04/2020

Exercises

Jumping squats



Sets: 4

Reps: 10

Equipment: -

Resistance: Body weight

Rest (sec): 30

Side: -

[Video link](#)

Start position: Stand with your feet 1.5x the width of your shoulders, feet turned very slightly outwards.

Action: Squat down, keeping your knees moving in line with your toes. Incline your trunk forward as you squat down, while maintaining a straight spine. Allow your knees to move slightly forward of your toes and once you reach 90 degrees bend with your knees, push back up powerfully to perform a jump. Attempt to land softly, taking the load evenly through the hips, knees and ankles.

Alternate leg split squats



Sets: 4

Reps: 10

Equipment: -

Resistance: Body weight

Rest (sec): 30

Side: Both

[Video link](#)

Start position: Stand in stride stance with your feet facing forwards.

Action: Lower yourself into a lunge position and then drive upwards into the air, reversing the position of your legs and landing in a lunge position with the opposite leg in front. Repeat in this manner, alternating legs on each jump.

Key points: Maintain your balance and hip, knee and spine alignment upon landing.

Stability ball leg bridge



Sets: 4

Secs: 20

Equipment: Stability ball

Resistance: Body weight

Rest (sec): 20

Side: -

[Video link](#)

Start position: Lie on your back with your knees bent and feet on a stability ball.

Action: Push up through your feet to lift your pelvis, contracting your glutes firmly. Hold for the required amount of time.

Push-up



Sets: 5

Reps: 10

Equipment: -

Resistance: Body weight

Rest (sec): 30

Side: -

[Video link](#)

Start position: Lie on your stomach with the palm of each hand on the floor and either side of your chest.

Action: Keeping your toes in contact with ground, push up through your arms, extending your elbows. Return to the start position by bringing your chest back downwards and bending through your elbows.

Key points: Ensure you maintain a straight trunk. This exercise should not cause pain.

Step-up shoulder elevation with ball



Sets: 4

Reps: 20

Equipment: Step

Resistance: Body weight

Rest (sec): 30

Side: Both

[Video link](#)

Start position: Stand with the foot on the same side to your affected shoulder on a small step, and a light ball held in both hands.

Action: Step up onto the step and simultaneously move your arms up and over your head.

Key points: The step-up movement and unaffected arm should assist the affected arm to achieve elevation.

Prone plank leg lift



Sets: 4

Reps: 10

Equipment: -

Resistance: Body weight

Rest (sec): 20

Side: Both

[Video link](#)

Start position: Face down towards the floor with your weight supported by your elbows and toes. Your elbows should be directly underneath your shoulders.

Action: Lift one foot off the ground, hold for 3 seconds and then repeat for the opposite leg.

Key points: Maintain a straight spine.

Forward & oblique sit-up



Sets: 4

Reps: 10

Equipment: -

Resistance: Body weight

Rest (sec): 20

Side: Both

[Video link](#)

Start position: Lie on your back with your knees bent to 90 degrees and feet on the floor. Position your hands across your chest.

Action: Perform a sit-up until your spine is flexed off the ground. Return to the starting position. Next perform a sit-up with rotation to one side to engage the obliques. Return to the starting position and then perform a sit-up with rotation to the other side. Complete for the required repetitions.

Bilateral shoulder press



Sets: 4

Reps: 10

Equipment: Dumbbell

Resistance: Dumbbells/Hand weights

Rest (sec): 30

Side: -

[Video link](#)

Start position: Sit or stand with your arms by your side, elbows flexed and your hands holding dumbbells or hand weights/water bottles

Action: Extend your elbow and arm upwards until full extension is reached. Lower down until your elbows are at shoulder height. Complete the required repetitions.

Key points: Stop the exercise if pain is felt in the shoulder.
