

## Patient 3 Advanced/Advance Progression

### Advance

#### Full Body Advance 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

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## Exercises

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### Single leg squat



Sets: 3

Reps: 5

Equipment: -

Resistance: Body weight

Rest (sec): 30

Side: Both

[Video link](#)

Start position: Stand on one leg with your other leg bent in front of you.

Action: Bend through your hip and knee of your stance leg so that you perform a squat until you reach 90 degrees with your knee. Return to the starting position.

Key points: Keep your pelvis level, knee aligned with your toes, and spine straight throughout the exercise.

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## Forward lunge



Sets: 3

Reps: 10

Equipment: Dumbbell

Resistance: Body weight

Rest (sec): 30

Side: Both

[Video link](#)

Start position: Stand with both feet together and holding dumbbell weights if indicated.

Action: Place one foot out in front of you. Lunge forward in a controlled manner, keeping your trunk upright, and your knee moving in line with the toes of your front foot. Return to the starting position by pushing back through your front leg. Repeat for the other leg if indicated.

Key points: Ensure your alignment and posture is maintained throughout the exercise.

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## Bench glute and hamstring bridge



Sets: 4

Reps: 10

Equipment: -

Resistance: Body weight

Rest (sec): 30

Side: Both

[Video link](#)

Start position: Lie on your back with the heel of one foot on a bench and your knee bent to 90 degrees.

Action: Lift your other foot off the floor, and push through the bench, contracting your buttock muscles tightly, so that your spine is lifted off the floor, and your weight is supported through your shoulders.

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## Push-up plus



Sets: 4

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 and at the top continue to rise up by pushing your shoulder forward and your trunk upwards. Return to the start position by bringing your chest back downwards and bending through your elbows.

Key points: Ensure you maintain a straight trunk during the push-up phase. This exercise should not cause pain.

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## Step-up shoulder elevation



Sets: 3

Reps: 10

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 arms by your side.

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

Key points: The step-up movement should assist the arms to achieve elevation.

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## Prone plank



Sets: 3

Resistance: Body weight

Secs: 45

Rest (sec): 30

Equipment: -

Side: -

[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: Hold for the required time.

Key points: Maintain a straight spine.

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## Folding knife sit-up



Sets: 3

Resistance: Body weight

Reps: 10

Rest (sec): 30

Equipment: Ball

Side: -

[Video link](#)

Start position: Lie on your back with a soccer ball placed between your knees and your hands across your chest (as shown) or behind your head.

Action: Perform a sit-up while simultaneously lifting your feet and knees. Return to the start position in a controlled manner. Complete for the required repetitions.

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## Front raise



Sets: 3

Reps: 10

Equipment: Dumbbell

Resistance: Body weight

Rest (sec): 30

Side: Both

[Video link](#)

Start position: Stand holding dumbbells or hand weights with your arms by your side.

Action: Lift one arm at a time out in front of you while maintaining a slight bend in your elbow.

Key points: Keep your spine straight and shoulder blades set backwards throughout the exercise.

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