

EXERCISE AND CYSTIC FIBROSIS:

MY EXERCISE RECORD



My exercise goals

Name_____

What is my target heart rate?_____

What is the maximum heart rate I should not exceed?_____

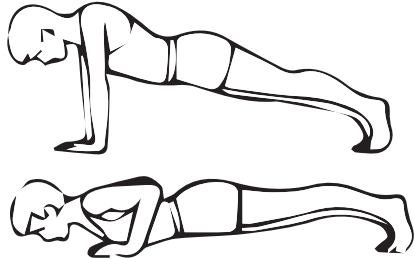
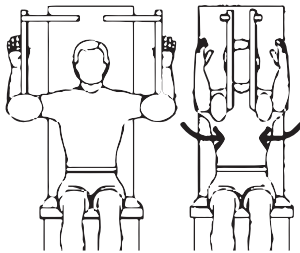
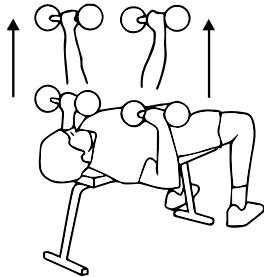

What is my target rating of perceived exertion?_____

What is the maximum rating of perceived exertion
I should not exceed?_____

My other exercise precautions

Rating of Perceived Exertion (RPE)	
0	Nothing at all
0.5	Very, very light
1	Very light
2	Fairly light
3	Moderate
4	Somewhat hard
5	Hard
6	
7	Very hard
8	
9	
10	Very, very hard (maximal)

Upper body exercises

EXERCISE	Instructions	Modified options	Rec. by physio?
PUSH UP 	<ul style="list-style-type: none"> ■ Bend your elbows, lowering your body towards the floor. Your elbows will bend out to the side, not behind you. ■ Your head should stay in line with your spine; not droop. ■ Keep your hips lifted to avoid your belly sagging towards the ground. 	<p>For an easier option, bring knees to the floor. The closer your hands are to your knees the easier it will be.</p>	<input type="checkbox"/>
PEC DECK 	<ul style="list-style-type: none"> ■ Place inside of arms against pads, elbows bent to 90 degrees. ■ Pull arms inward and together. ■ Return to start position and repeat. 	<p>This can be done at home with free weights.</p> <p>Recommended weight:</p>	<input type="checkbox"/>
CHEST PRESS 	<ul style="list-style-type: none"> ■ Grasp weights and push upwards. ■ Slowly bend the elbows to return to the start position, with hands near the chest. 	<p>This exercise can be done lying down with dumbbells or sitting up using a chest press machine at a gym.</p> <p>Recommended weight:</p>	<input type="checkbox"/>
SEATED ROW 	<ul style="list-style-type: none"> ■ Grasp row handle with both hands. ■ Pull handles to mid chest keeping elbows close to body. ■ Squeeze shoulder blades together as you pull. ■ Return to start position and repeat. 	<p>Recommended weight:</p>	<input type="checkbox"/>

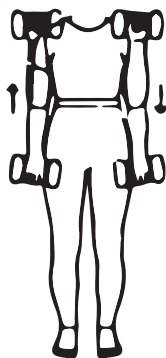
EXERCISE

Instructions

Modified
options

Rec. by
physio?

BICEP CURL



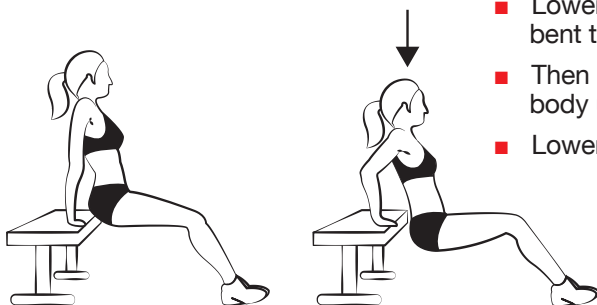
- Sit or stand, hold weights in hands, palms up.
- You can lift both arms together or alternate reps from right to left.
- Repeat.

This exercise can be done sitting or standing.

☐

Recommended
weight:

TRICEP DIP



- Place hands on the edge of a bench.
- Lower body until elbows are bent to 90 degrees.
- Then push down to raise your body upward.
- Lower and repeat.

To make this exercise easier, move your feet closer to the bench. To make it harder move your feet further away or add a weight to your lap.

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SHOULDER ROTATIONS



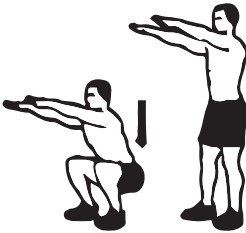
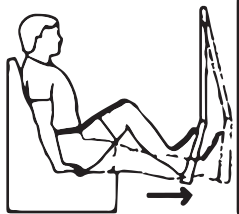

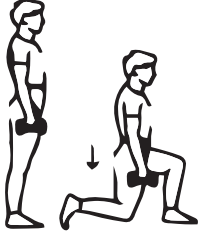
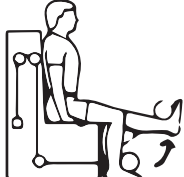
- Hold both arms straight out to your sides.
- Starting with small arm circles, gradually increase the size and speed of the circles for about 30 revolutions.
- Make sure you remain in control of your arms and are not just using momentum.
- Reverse your direction and repeat.

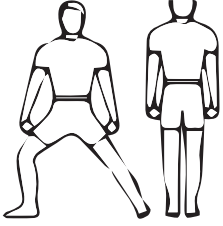
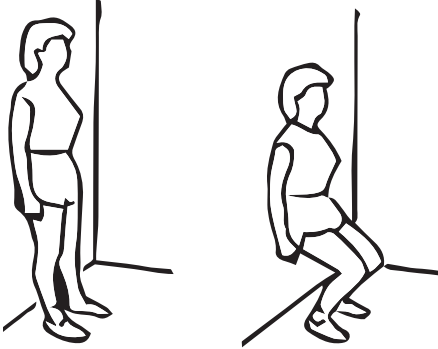
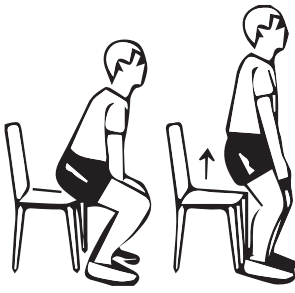
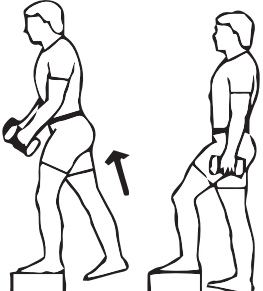
This exercise can be done with or without dumbbells to make it easier or harder as required.

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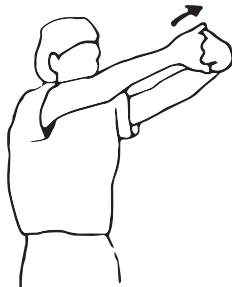
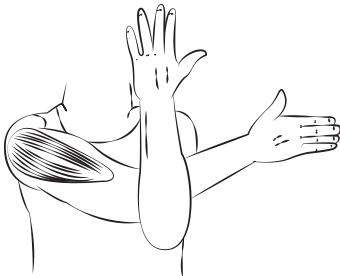



Recommended
weight:


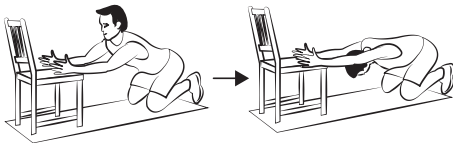
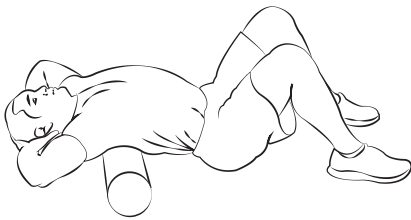
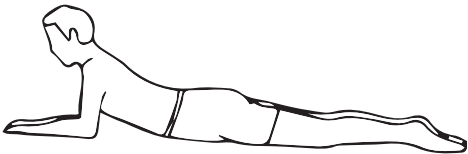

Lower body exercises

Exercise	Instructions	Modified options	Rec. by physio?
SQUAT 	<ul style="list-style-type: none"> ■ Stand with feet about hip distance apart. ■ Toes slightly pointed out and aligned with knees. ■ Squat down until thighs are almost parallel with floor while moving buttocks backward, similar to beginning to sit in a chair. ■ Return to start and repeat. 	<p>To make this exercise harder, add a weighted barbell across your shoulders.</p>	<input type="checkbox"/>
LEG PRESS 	<ul style="list-style-type: none"> ■ Place both feet on foot plates, knees bent. ■ Make sure back is supported by backrest. ■ Push down on foot plate, straightening knees. ■ Return to start position and repeat. 	<p>Recommended weight:</p>	<input type="checkbox"/>
LEG CURL 	<ul style="list-style-type: none"> ■ Place pads behind ankles. ■ Begin with knees straight. ■ Bend knees until 90 degrees. ■ Return to the start and repeat. 	<p>Recommended weight:</p>	<input type="checkbox"/>
LUNGES 	<ul style="list-style-type: none"> ■ Step forward, bending knees to 90 degrees as shown. ■ Rear knee should almost touch the floor. ■ Push back up to standing. ■ Repeat. 	<p>This exercise can be done with or without dumbbells to make it easier or harder as required.</p> <p>Recommended weight:</p>	<input type="checkbox"/>
LEG EXTENSION 	<ul style="list-style-type: none"> ■ Place front of ankles under pads. ■ Slowly straighten knees. ■ Return to start position and repeat. 	<p>Recommended weight:</p>	<input type="checkbox"/>

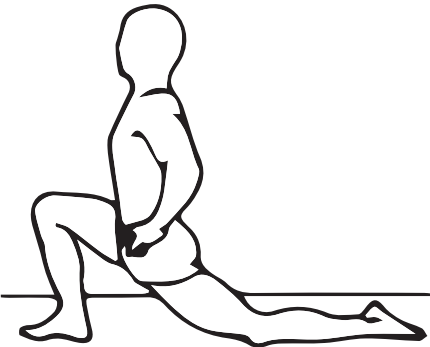
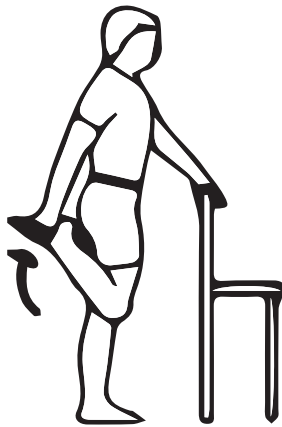

Exercise	Instructions	Modified options	Rec. by physio?
SIDE LUNGE 	<ul style="list-style-type: none"> ■ Step sideways to left as shown, keeping trunk vertical. ■ Push back up to starting position. ■ Repeat on opposite side. 	<p>This exercise can be done with dumbbells to make it harder as required.</p>	<input type="checkbox"/>
WALL SQUATS 	<ul style="list-style-type: none"> ■ Stand with feet about hip distance apart. ■ Keep toes slightly pointed out and aligned with knees. ■ Squat down by bending knees forward while allowing hips to bend back behind, similar to beginning to sit in a chair. ■ Lower your body as far as comfortable. ■ Return to standing position and repeat. 	<p>This exercise can be done with or without dumbbells to make it easier or harder as required.</p>	<input type="checkbox"/>
SIT-TO-STAND 	<ul style="list-style-type: none"> ■ Start by sitting upright in a chair. ■ Slide forward as far as possible. ■ Use your bottom and legs to stand up. Lightly use your hands on the chair if necessary. ■ Sit down again and repeat. 	<p>This exercise can be done with dumbbells to make it harder as required.</p>	<input type="checkbox"/>
STEP-UPS 	<ul style="list-style-type: none"> ■ Step up onto a raised platform such as an exercise step or even a stair in your home. ■ Step up one leg at a time and then lower yourself back down one step at a time. ■ Repeat on the other leg. 	<p>This exercise can be done with dumbbells to make it harder as required.</p> <p>The higher the step, the harder the exercise.</p>	<input type="checkbox"/>

Flexibility exercises (upper body)

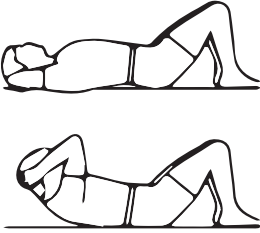

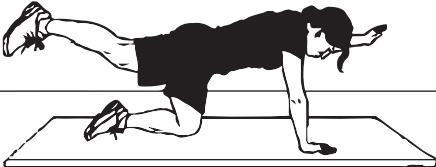
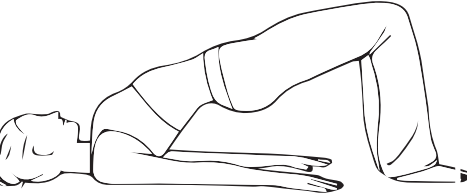
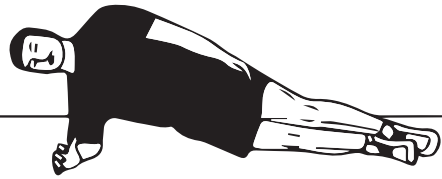
Exercise	Instructions	Benefits	Rec. by physio?
UPPER BACK STRETCH 	<ul style="list-style-type: none"> ■ Interlace fingers and turn palms out. ■ Extend arms in front at shoulder height. ■ Hold 10 to 20 seconds, relax, and repeat. 	Stretches shoulders and middle back.	<input type="checkbox"/>
SHOULDER STRETCH 	<ul style="list-style-type: none"> ■ Stand up and grab your right elbow up on the side of your head using your left hand. ■ Stretch by pulling your elbow towards the back of your head and hold. ■ Repeat on other arm. 	Stretches shoulders and triceps.	<input type="checkbox"/>
FIT BALL BACK STRETCH 	<ul style="list-style-type: none"> ■ Lie on your back on the exercise ball. ■ Stretch by extending your arms and legs fully. 	Stretches your abdominal muscles as well as your chest and back muscles.	<input type="checkbox"/>
UPPER SIDE STRETCH 	<ul style="list-style-type: none"> ■ Raise your right arm straight up. ■ Tilt your upper body at the hips to your left to stretch the entire right side of your body. ■ Repeat on other side. 	Stretches muscles on your side and back as well as your abdominal muscles.	<input type="checkbox"/>
FULL BODY STRETCH 	<ul style="list-style-type: none"> ■ Lie on your back and stretch your arms up above your head until they are flat on the floor. ■ Stretch out to elongate your body. 	Stretches your entire body.	<input type="checkbox"/>

Exercise	Instructions	Benefits	Rec. by physio?
ABDOMINAL TWIST 	<ul style="list-style-type: none"> Sit down on the floor, legs straight, away from each other. Stretch by rotating your upper body to one side then to the other. 	Stretches your abdominal and back muscles.	<input type="checkbox"/>
CHAIR BOW 	<ul style="list-style-type: none"> Kneel on a soft mat with a chair in front of your body. Place your hand on the chair and lean forward until your back is flat. This can also be done standing in a door frame. 		<input type="checkbox"/>
THORACIC NOODLE STRETCH 	<ul style="list-style-type: none"> Lying on your back, place a pool noodle horizontally along your upper back (across your shoulder blades). Legs bent at 90 degrees. Place arms on sides of your head. 	Stretches upper back.	<input type="checkbox"/>
SPINAL EXTENSION 	<ul style="list-style-type: none"> Lie on your front and rest your forehead on the floor with legs straight and slightly wider apart than hips. With bent elbows position your hands, palms down, slightly wider and above your shoulders. Gradually lift your head and chest off the floor but keep your lower ribs in contact with the floor. 	Stretches lower back muscles.	<input type="checkbox"/>
DOORWAY STRETCH 	<ul style="list-style-type: none"> Stand in a door frame or corner. Bend your elbow and support the forearm against the door frame above shoulder height. Exhale and lean your body forward, rotating your upper body away from the arm until you feel stretching in your chest muscles. 	This can be done with either one arm or both arms at the same time. To stretch both sides together, do this exercise in a corner.	<input type="checkbox"/>

Flexibility exercises (lower body)

Exercise	Instructions	Benefits	Rec. by physio?
<p>HIP FLEXOR STRETCH</p> 	<ul style="list-style-type: none"> ■ Kneel with one knee on the ground. ■ Your other knee should be out in front of you at a right angle with the floor. ■ Keeping your back straight, push your hips forward. ■ Repeat on other side. 	<p>Stretches hip muscles.</p> <p>The further forward you push your hip, the harder the stretch.</p>	<input type="checkbox"/>
<p>QUADRICEPS</p> 	<ul style="list-style-type: none"> ■ Stand and touch wall or stationary object for balance. ■ Grasp top ankle or forefoot behind. ■ Pull ankle or forefoot to your bottom. ■ You should feel the stretch along the front of your thigh. ■ Repeat on other side. 	<p>Stretches front of thigh.</p>	<input type="checkbox"/>
<p>SEATED HAMSTRING</p> 	<ul style="list-style-type: none"> ■ Sit on a mat with your right leg extended in front of you and your left leg bent with your foot against your right inner thigh. ■ Lean forward from your hips and reach for your ankle until you feel a stretch in your hamstring. ■ Repeat on other side. 	<p>Stretches back of leg</p>	<input type="checkbox"/>

Core strength exercises

Exercise	Instructions	Modified options	Rec. by physio?
CRUNCHES 	<ul style="list-style-type: none"> ■ Lie on back with knees bent, and hands clasped behind neck. ■ Raise shoulders up until they clear the floor and return to start position for one set. ■ Keep elbows out of your line of sight. 		<input type="checkbox"/>
PLANK 	<ul style="list-style-type: none"> ■ Place forearms on mat, elbows under shoulders. ■ Place legs together with forefeet on floor. ■ Raise body upward by straightening body in straight line. Hold position. 	To make this easier, do this exercise with your knees on the ground.	<input type="checkbox"/>
SUPERMAN 	<ul style="list-style-type: none"> ■ Slowly slide leg backwards extending the knee. ■ At the same time slide your arm forwards. ■ Engage your core muscles. ■ Return and do with opposite arm and leg. 	To make this easier, do legs and arms separately rather than at the same time.	<input type="checkbox"/>
BRIDGE 	<ul style="list-style-type: none"> ■ Lie on your back with your knees bent and your heels as close to your buttocks as possible. ■ Gently lift your hips until your thighs are nearly parallel with the floor. ■ Hold for 30-60 seconds and then slowly roll your spine back down into a lying down position. 		<input type="checkbox"/>
SIDE PLANK 	<ul style="list-style-type: none"> ■ Position your elbow on the floor under your shoulder. ■ Lift up on that elbow and keep your body stiff. ■ Hold this position for a count of 10. ■ Rest and repeat the exercise on the other hip. 	To make this easier, bend your bottom leg and allow your knee to touch the floor and take some of your weight.	<input type="checkbox"/>

Exercise Prescription

Exercise	Sets	Reps	Weight	Time	Distance

Date_____

[illegible]

Exercise	Sets	Reps	Weight	Time	Distance

Date_____

[illegible]

Exercise Log

example

	Monday	Tuesday	Wednesday
Notes Week: 1/1- 7/1/2014	Workout as prescribed by physio. Completed full workout. Felt good today!	Rest Day	Walk around neighbourhood Gentle walk, still recovering from Monday's session
Notes Week:			
Notes Week:			
Notes Week:			
Notes Week:			
Notes Week:			

Thursday	Friday	Saturday	Sunday
Rest Day	Workout as prescribed by physio	Swim at local pool Completed 1km swim in 1 hour.	Rest Day

	Monday	Tuesday	Wednesday
Notes Week:			
Notes Week:			
Notes Week:			
Notes Week:			
Notes Week:			
Notes Week:			

Thursday	Friday	Saturday	Sunday



On the cover: Nicola Parsons living with CF, working out at her gym

**Visit the CFWA website for other resources and
information about individual CF state organisations.**

www.cysticfibrosis.org.au/wa