

8 Week Program: Advanced



Introduction – The Program

This program has been developed by an Exercise Physiologist to provide individuals at all fitness levels with a comprehensive exercise program that can be completed at home or wherever you feel most comfortable. It is designed to use your own body weight so very limited equipment is required.

The Advanced program is designed for those who have a high level of fitness and exercise regularly.

If you are unsure of your fitness level we strongly recommend that you consult your doctor.

IMPORTANT: Always consult a qualified medical professional before beginning any nutritional program or exercise program. The exercise suggestions are not intended to substitute for proper medical advice. Diabetes WA assumes no responsibility for injuries suffered while practicing any exercise program. If you have any chronic or recurring conditions such as high blood pressure, neck or back pain, arthritis, heart disease etc., please seek your physician's advice before starting any new exercise program.

Benefits of Physical Exercise

This exercise program is tailored to improve both cardiovascular and musculoskeletal endurance and fitness. Exercise programs should contain both light resistance exercises and exercises that will increase heart rate at a safe level according to your fitness. Increasing your muscle mass helps with the breakdown of fats and the regulation of glucose levels in the blood stream. It also boosts metabolism, so even after you finish exercising your body will continue to burn fat.

By completing 30 minutes of moderate exercise per day you can:

- Reduce your risk of heart attack and heart disease.
- Reduce your risk of stroke.
- Achieve and manage a healthy body weight.
- Lower your blood cholesterol.
- Lower the risk of type 2 diabetes.
- Lower the risk of some cancers, including colon cancer.
- Reduce feelings of stress, anxiety and depression.
- Lower your blood pressure for those who have hypertension (high blood pressure).
- Strengthen your bones, muscles and joints, lowering the risk of osteoporosis.



What to Expect

How you should feel?

The exercises should feel challenging, but comfortable to complete. If you feel short of breath, stop exercising for a minute or two, regain your breath and then you should be able to continue. If you remain short of breath and/or are concerned, consult your doctor before continuing.

Your muscles may feel tired or even sore after carrying out the exercises in the program – this is normal! You are simply using muscles in a way you may not be used to. If you feel severe discomfort or you believe the pain is not muscular, consult your doctor



What results can you expect?

Commitment is Key!

The results you can expect from this program will reflect your commitment to the program. Ensure you carry out the full program at least three times a week for the full eight weeks.

You should also eat a balanced diet while carrying out this program. This will ensure you have the energy levels and nutritional balance to gain the full benefits.



How to Use this Program

This exercise program is designed to be completed at least three times a week with the intention to increase to daily. The program can be completed at home, at your local park, or at a gym, wherever you feel most comfortable. Each session should take approximately 30 minutes to complete – if you complete the program in less time, repeat the resistance/cardiovascular section of the program.

Once you have completed one fitness level program, or if the program becomes too easy, you may progress to the next level. The levels are as follows:

1. Pre-Beginner
2. Beginner
3. Intermediate
4. Experienced
5. Advanced

All programs include the following components:

Flexibility

Stretching before and after you exercise is important, it helps to:

- Reduce muscle tension.
- Increase your range of motion.
- Prevent injuries to muscles and joints.
- Reduce your risk of back problems.
- Promote circulation.
- Reduce muscle soreness.

Improving flexibility makes exercising and everyday tasks easier by enhancing mobility in your joints and muscles.

Resistance/ Cardiovascular

Resistance exercise improves muscles strength and tone, which helps protect your joints from injury. It also increases your muscle to fat ratio – when you gain muscle your body will continue burning fat even when you are resting.

Cardiovascular training (or 'cardio' for short) has many benefits. It is the key to weight loss and it also helps to:

- Strengthen your heart and lungs, and increase bone density
- Improve sleep and reduce symptoms of stress, anxiety and depression



Cool Down

It is important to cool down, especially after vigorous exercise. The body needs time to slow down and it aids in recovery – meaning you won't wake up as sore tomorrow. Repeat the stretch component of the program to cool down and do a slow walk.

How Do I Track My Progress?

Tracking your progress is easy!

Weight: Monitor your weight by weighing yourself on a fortnightly basis and record it on the tracking sheet provided.

Blood Pressure: You can track your blood pressure if you have a blood pressure monitor at home. Otherwise many pharmacies provide free blood pressure checks. An ideal blood pressure is approximately 120/80mmHg. If your blood pressure is much higher or lower than this, consult your doctor immediately and do not start the program.

General Wellbeing: Your general wellbeing and how you feel is a great indicator of how well the program is working. You may start feeling like you have more energy, you are stronger, you're sleeping better and you may even feel happier on a day-to-day basis!

Tracker Sheet: We have included a tracker sheet where you can track your progress and tick off your exercises.



Before you Begin – Do's and Don'ts

Do

Speak to your doctor before starting this exercise program to check it is right for you.

Ensure you have appropriate enclosed footwear that provides you with comfort and support.

Ensure you drink enough water before, during and after physical exercise.

Tell a friend about your health and fitness goals. It is always easier to stay on track with a friend's support.

If you can't complete the exercise program daily, try to go for a 30-minute walk on the days you don't do the program.



DON'T

Do not start any exercise program without consulting your doctor first.

If you feel severe pain or discomfort while completing this program, stop the program immediately and consult your doctor.



My Healthy
Balance
Your path to a healthier life

Get on **Track**
Your path to a healthier life

Pledge

I,, pledge to undertake this program to the best of my ability.

I pledge to remember that progress takes time, and to be proud of the commitment I am making to my health.

Sign

Walking Styles

Walk

A walk should be at a slow pace. Your heart rate should be slightly elevated from resting, but intensity will be about 3 or 4 out of 10.

Power Walk

A power walk is a walk at a medium pace. Imagine you're late from your lunch break at work and need to get back to the office. Your heart rate should be elevated and intensity should be 5 or 6 out of 10.

Jog

A jog is a medium to fast pace. Imagine you need to get across the road at a set of traffic lights and the red man has just begun to flash. Your heart rate will have noticeably increased and intensity should be 7 to 8 out of 10.

Run

A run is a fast pace. Imagine a bus is approaching your stop and you are 100 meters away and you desperately need to catch it. Your heart rate will dramatically increase and the intensity will be 9 or 10 out of 10.



Program – Weeks 1, 3, 5 & 7

Flexibility

Calf Stretch

(hold for 15 seconds per leg)

Pushing against a wall for stability, put one leg in front of the other and straighten your back knee. You should feel a stretch through your calf muscle in your back leg. Hold for 15 seconds and then change legs and hold for another 15 seconds.



Lying Hamstring Stretch

(hold for 15 seconds per leg)

Lying on your back with legs out straight, lift one leg and hold behind the knee. Try to keep the leg as straight as possible and make sure your other leg does not lift from the floor. To increase the stretch, pull the leg closer and straighten the knee.



My Healthy
Balance

Your path to a healthier life

Get on Track

Your path to a healthier life

Program Continued

Lying Hip Flexor Stretch

(hold for 15 seconds per leg)

Lying on your back with both knees straight, bring one knee to your chest and use your hands to hug it close to you. You should feel the stretch through your hip and upper thigh on your straight leg.



Lying Glute-Medius Stretch

(hold for 15 seconds per leg)

With both legs straight, bring one knee to your chest and then bring it across your body. You should feel the stretch through the side of your glutes. Make sure to keep your upper back and shoulders flat on the floor.



Program Continued

Resistance and Cardiovascular

Complete this section three times

Run

5 minutes

Run at a moderate pace.

Mountain Climbers

In a push up position, bring one leg up towards the chest, then quickly jump it back while jumping the other leg forward. If using a bench (as shown in the images) is too easy, do this on the floor without a bench.



Supported Split Lunges

Using a table for support, step back into a deep lunge, ensure the knee is approximately an inch from the floor, and then step back up.



My Healthy
Balance

Your path to a healthier life

Get on Track

Your path to a healthier life

Program Continued

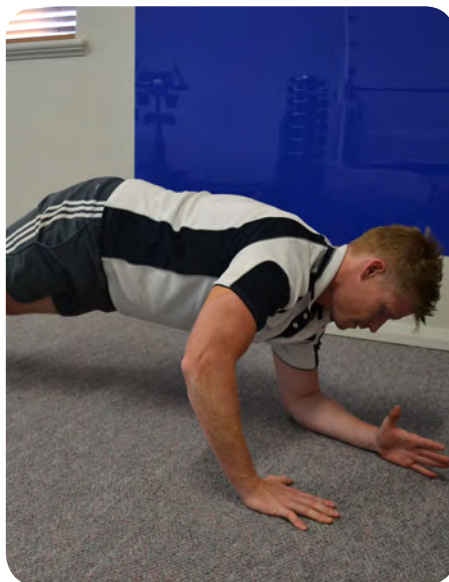
Step-Ups with Knee Raised

Step up on a raised level and bring your opposite knee up as high as you can. The higher the step, the harder this exercise will be.



Bridge-Ups (Plank to Push-Up)

Holding a bridge position on your elbows, place one hand on the ground, and then the other and push yourself up into a push-up position. Then lower one arm and then the other to repeat. Aim to do this for one minute.



Program Continued

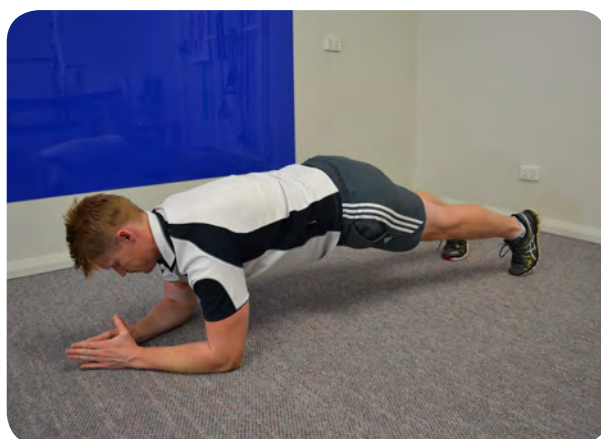
Full Range Crunches

Lying on the floor, lift your legs off the ground with your knees bent. Crunch your chest up to your feet and then lower again. For an easier version of this exercise, keep your feet on the ground with your knees bent. For a harder version, try to straighten your legs in the air.



Planking Position

On the floor, balance on your elbows and toes and ensure your back is straight. Aim to hold for one minute. If you feel your lower back straining, lift your bottom up to the sky to relieve the pressure .



My Healthy
Balance
Your path to a healthier life

Get on **Track**
Your path to a healthier life

Program – Weeks 2, 4, 6 & 8

Flexibility – Repeat as in Weeks 1, 3, 5 & 7

Resistance and Cardiovascular

Complete this section twice

Power Squats

A normal, unassisted squat, full range. Ensure your full weight is transferred to your heels. If you have any meniscus issues (an injury in the knee joint) do not squat lower than 90 degrees.



Monkey Climbers

Similar to mountain climbers, but bring your leg the whole way across under to the opposite side of your body.



Program Continued

Full Push-Ups

On your toes and hands with a straight back, bend your elbows and lower your body as far as you can, then straighten your elbows to bring yourself back to the start position.



Burpees

A military exercise designed for cardiovascular endurance. From the standing position, place your hands on the ground and jump both feet back together at the same time. Now you are in the push-up position. Jump your feet forwards to your hands and stand upright again.



My Healthy
Balance
Your path to a healthier life

Get on **Track**
Your path to a healthier life

Run

5 minutes

Run at the fastest pace comfortable for you.

Full Range Crunches

Laying on the floor, lift your legs off the ground with your knees bent. Crunch your chest up to your feet and then lower again. For an easier version of this exercise, keep your feet on the ground with your knees bent. For a harder version, try to straighten your legs in the air.

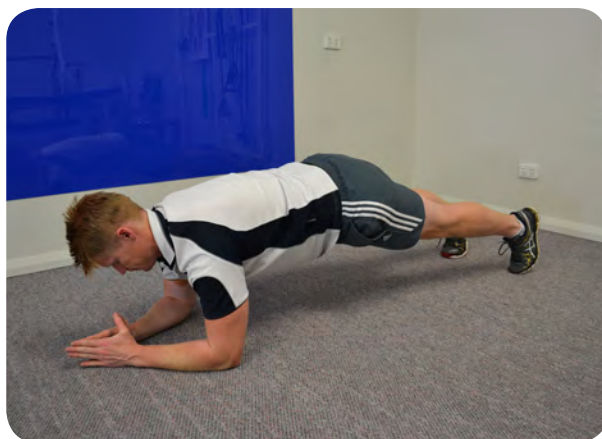


Elbows to Knees

Hold the crunch position, as above, and rotate your upper body so your elbow touches the opposite knee, then lower your back to the ground and repeat on the other side.

Planking Position

On elbows and toes and ensure your back is straight – hold this position for the specified time. If you feel your lower back straining, lift your bottom up towards the sky to relieve the pressure .



**Remember to cool down
after exercise!**



My Healthy
Balance
Your path to a healthier life

Get on **Track**
Your path to a healthier life

[illegible]

Advanced weeks 2, 4, 6, and 8		Key Reps: the number of times you repeat each exercise.																							
Name: _____ Date: _____		REVIEW PROGRESS AFTER WEEK 8																							
Exercises weeks 2, 4, 6, and 8		Week →		1		2		3		4		5		6		7		8							
Session →		1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	3					
Flexibility	Calf stretch	15 sec hold per leg																							
	Lying hamstring stretch	15 sec hold per leg																							
	Lying hip flexor stretch	15 sec hold per side																							
	Lying glute-medius stretch	15 sec hold per side																							
Resistance part 1	Power squats	Week 2 = 15 reps Week 4 = 20 reps Week 6 = 15 reps Week 8 = 20 reps																							
	Monkey climbers																								
	Full push-ups																								
	Burpees																								
Cardio	Run	5 mins																							
Resistance part 2	Full range crunches	Week 2 = 15 reps Week 4 = 20 reps Week 6 = 15 reps Week 8 = 20 reps																							
	Elbows to knees																								
	Planking position	Hold up to 1 min																							
Repeat Resistance part 1																									
Repeat Cardio																									
Repeat Resistance part 2 and part 1																									
Repeat Cardio																									
Repeat Resistance part 2																									
Cool down	Slow walk	5 mins																							
	Calf stretch	15 sec hold per leg																							
	Lying hamstring stretch	15 swings per leg																							
	Lying hip flexor stretch	15 sec hold per side																							
	Lying glute-medius stretch	15 sec hold per side																							
	Lying hamstring stretch	15 swings per leg																							
Weight in Kg																									

For more information about the My Healthy Balance program please visit:

Visit:

www.myhealthybalance.com.au

Email:

support@myhealthybalance.com.au

For information about the Get on Track Challenge program please visit:

Visit:

www.getontrackchallenge.com.au

Email:

support@getontrackchallenge.com.au

