



EXERCISE PROGRAM

for LUPUS PATIENTS

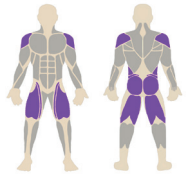
LEVEL **4**

STANDING • WALKING

7 Exercises • 10-15 Minutes

This level is for **when you are able to walk for longer periods** of time, **but not run or do high impact** exercise. For this program you will need a **floor mat** and a **wall to lean** against. You can **increase the difficulty** of some of the exercises by using an **elastic band, water bottles or dumbbells**.





1

Squatting Wall Slide

Stand with your back against the wall.

Keep your seat and upper back in contact with the wall, the legs should be about 30 cm from the wall.

Place your arms out to the side with elbows bent and palms forward. Elbow tip is now facing downwards.

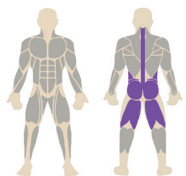
Pull your shoulder blades together.

Bend your knees and hips and simultaneously stretch your arms above your head.

Return and repeat the movement 10 times.

For reduced difficulty
move closer to the wall
and make the movement smaller.

Sets 2-3 • Repetitions 10



2

Dragon

Stand with a hip-width distance between your legs.

Hold a bottle of water or a weight in front of your body, in stretched arms.

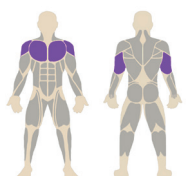
Stand on one leg with your knees a little bend while tilting your upper body forward.

Opposite leg must be stretched and in continuation of the upper body.

Return to starting position and repeat the movement 10 times to each side.

For reduced difficulty
do the exercise without weights.

Sets 2-3 • Repetitions 10



3

Push Ups

Stand facing the wall and support yourself on it with both hands at about chest level.

Slowly lower your body to the wall and push back to the starting position.

Repeat the movement 10 times.

For Increased difficulty
move your feet further away from the wall.

For reduced difficulty
move closer to the wall.

Sets 2-3 • Repetitions 10





4

Overhead Band Pull

Hold the elastic band with your arms stretched above your head.

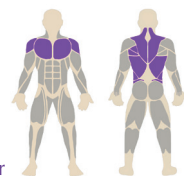
Bring your arms down until they are pointing out straight to the side.

Gently return and repeat the movement 10 times.

The elastic band can be replaced by dumbbell or something similar.

For reduced difficulty do the exercise without elastic band or weights.

Sets 2-3 • Repetitions 10



5

Diagonal Lift, Lying Face Down

Lie flat, facing down with your arms straight above your head.

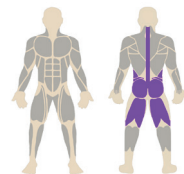
Lift one arm and opposite leg, in stretched position, off the floor and slowly lower them again.

Lift opposite arm and leg.

Repeat the movement 10 times on each side.

For reduced difficulty make smaller movements.

Sets 2-3 • Repetitions 10



6

Pelvis Lift, Lying Flat

Lie on your back with your legs stretched.

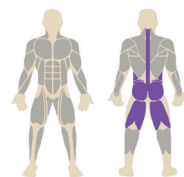
Raise your body so that only your heels, shoulders and head touch the mat.

Hold for 3-5 seconds, then rest for 3-5 seconds.

Repeat the movement 10 times.

For increased difficulty hold the tension for 5-10 seconds.

Sets 2-3 • Repetitions 10



7

Side-Lying Fire Hydrant

Lie on your side and support your head on one hand.

Assume the starting position by pulling your legs a little toward your chest, bending at the hips and knees.

Raise the topmost leg toward the ceiling.

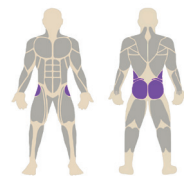
Slowly return to the starting position and repeat the movement 10 times on each side.

Be careful not to let your hip 'fall forward', keep the abdominal muscles tightened.

For reduced difficulty keep your feet together and only lift your knee.

For increased difficulty tie an elastic band around your knees.

Sets 2-3 • Repetitions 10





LUPUS EUROPE

EXERCISE PROGRAM

for LUPUS PATIENTS

In collaboration with trained physical therapists Lupus Europe has developed **an exercise program in five levels** which has been **endorsed by leading European Lupologists**.

Studies show, that the only thing, that **is clinically proven to help lupus fatigue is “moderate” exercise**. We as lupus patients ourselves do however realise, how difficult it can be to start exercising, when you feel fatigue! This is why **we developed this program from our own experiences**.

Exercise doesn't necessarily mean, that you have to run a marathon or go to the gym. With this program we want to show, that **you can do it no matter where you are and how you are feeling**. You should be able to find a level that suits you each day.

The goal is of course to increase in level whenever you can, but you will probably experience, that you have to go down a level at some point. Don't despair, this is quite normal, and the **most important thing is, that you do one exercise a day** – not which level it is.

developed with the support of



endorsed by



Who knows - **you might even feel so energized by doing one program, that you can take on the next level straight away...?**

All exercises can be done without training tools and in the individual videos we will guide you through the various options for increased or reduced difficulties. **Each program can be done in 15-20 minutes**, if you do two or three rounds.