



LUPUS EUROPE

EXERCISE PROGRAM

for LUPUS PATIENTS

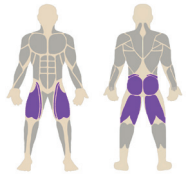
LEVEL 5

STANDING • WALKING • JUMPING

7 Exercises • 10-15 Minutes

This level is for **when you are able to run a bit, jump and do high impact exercise.**
For this program you will need a **floor mat.** You can **increase the difficulty** of some of
the exercises by using a **kettle bell, water bottles or dumbbells.**





1

Squat

Stand with your feet shoulder-width apart and arms straight in front of you.

Bend your knees 90 degrees and push back up.

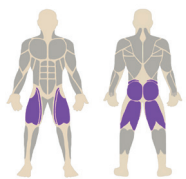
Keep your back straight and look straight ahead during the entire movement.

Remember to always keep your toes in front of your knees.

Repeat the movement 10 to 15 times.

Alternatively, the deep position may be held for a few seconds before pushing back up.

Sets 2-3 • Repetitions 10-15



2

Quick Skating Jump

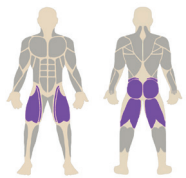
Stand with your hands on your sides.

In turns, jump sideways with each leg.

Repeat the movement 10 to 15 times on each side.

For reduced difficulty Instead of jumping, make a small step.

Sets 2-3 • Repetitions 10-15 to both sides



3

Backwards Lunge Step

Stand with your legs gathered and start the movement by taking a long step backwards.

When your body is in balance, lower your body straight down steadily, so your knee on your back leg almost touches the floor.

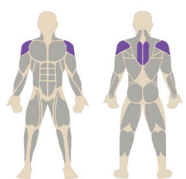
Keep your upper body straight during the entire movement.

Kick back with your front foot and return to starting position.

Repeat the movement 10 to 15 times on each side.

For reduced difficulty make the movement smaller.

Sets 2-3 • Repetitions 10-15



4

Circles with Arms Out to the side

Stand while holding your arms out to the side and make small circles.

Maintain a good posture. Remember to tighten your abdomen.

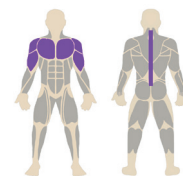
Perform the exercise 20 times with your thumbs forward and 20 times with your thumbs backwards

Sets 2-3





5 Kettlebell Full Swing



Start with the kettlebell or weight in front of your body.

Have a grip on the kettlebell's handle and pull the kettlebell backwards between your legs.

A pendulum movement of the kettlebell is started by stretching your hips aggressively.

Let the kettlebell move all the way up above your head. The kettlebell hangs as a weight from your arms.

It is important to keep your back straight during the entire movement and to let your hips create the strength.

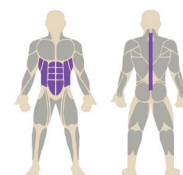
The exercise can also be made with an elastic band or dumbbell in stead.

Reduced difficulty without weight or resistance.

Sets 2-3 • Repetitions 10-15



6 Diagonal Leg and Arm Movement



Lie on your back with your hips and knees bent 90 degrees and arms straight above your chest.

Activate the lower and profounder part of your abdominal muscles, pull your navel inward, making a 'flat abdomen'.

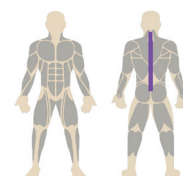
At the same time, lower one arm backwards over your head and your opposite leg to the floor.

Return to the starting position and repeat the movement 10 to 15 times to each side.

Sets 2-3 • Repetitions 10-15



7 Back Lift with Arm Swing, Lying Face Down



Lie face down with your arms under your head.

Squeeze your buttocks together, contract your back muscles and raise your upper body off the floor.

Move your arms once forward and back above your head while holding the position.

Lower your upper body again and repeat the exercise 10 to 15 times.

Sets 2-3 • Repetitions 10



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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.

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European
Reference
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for rare or low prevalence
complex diseases

 **Network**
Connective Tissue
and Musculoskeletal
Diseases (ERN ReCONNET)

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.