

Cystic Fibrosis not going to stop me

CF Fitness Space – additional information

Performed correctly, you should find the videos on our CF Fitness Space safe and beneficial. However, if you feel you want to complete the exercises at a slower pace, are worried you won't be able to perform some of the more challenging exercises, or even want to push yourself further, our advisory physiotherapists have supplied information on how you can tailor these exercises to your personal specifications.

Burpees

For beginners

- Don't worry about how many reps you do (how many times you repeat the exercise) – concentrate on getting the form right and then speed up once you are used to the movement.
- Rather than jumping out of the plank position, try stepping out of it.
- Perform partial burpees by using a secure chair or another raised surface.

Taking it further

- Add in an extra movement at any stage of the burpee. This could be raising your arms above your head or adding a jump upon returning to the standing position, or adding a press up when in the plank position.

Alternatives

- Mountain climbers – in a similar position to a 'plank' but with your arms straightened, step your legs backwards and forwards as if you were running on the spot.
- Half or full star jumps.

Full push up

For beginners

- Try just a few reps and then increase the number of them over time.
- Try a partial push up with your knees on floor, using our partial press up video.
- Perform an elevated push up using a secure chair, work top or wall to push off from.

Taking it further

- Decrease your speed for a slower, more controlled movement.
- Move slowly through the push up, holding at the $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ positions.
- Elevate your feet on something secure.
- Introduce a shoulder tap or a clap.
- Challenge yourself by increasing the number of reps each day or week.

Alternatives

- Chair dips (please ensure that the chair is secure).
- Shoulder press using weights.
- Throwing/catching a ball against a wall.



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