

A Guide to Progressing your TeleFFiT Exercises

It is important that your TeleFFiT exercises remain adequately challenging for you throughout the program, so that you can continually get stronger and improve your balance and mobility. A program that is not “intense” or “challenging” enough will not elicit the optimal benefits or continual musculoskeletal improvements over time.

To assist with this, we ask you to measure your “training intensity” using the 10-point **Rating of Perceived Exertion (RPE) Scale** in the TeleHab app.

Your Exercise Practitioner (EP) monitors these RPE ratings for each exercise to make sure you are training (rating) between **5 to 8 out of 10** for the strengthening exercises and **7 to 8 out of 10** for the balance exercises. If you are rating your intensity lower than this, then they should change the exercise in question to make it more challenging by using some form of exercise progression, such as changing your positioning (or changing the exercise entirely). But keep in mind - this will most likely happen at your following video consultation with your EP.

In the meantime, there are ways that you can make your exercises more challenging on your own – and we strongly encourage you to do this to ensure you’re always training at the correct intensity. Some tips on how to do this are on page 2.



**** Important ****

We do not however, advise you to *change* any exercises on your own. Please start new exercises only once your EP has prescribed them to you via the TeleHab app.

TeleFFIT “STRONG” Exercises

Your TeleFFIT STRONG exercises are designed to strengthen your muscles and bones, and may be prescribed with dumbbells, resistance bands or using your body weight for resistance.

There are several ways to progress your STRONG strengthening exercises:

1. Increase the weight or resistance

One way to make these exercises harder is to increase their “resistance”, e.g., adding more weight to your dumbbells or changing to a higher-strength resistance band. (NB. Some of the bands can also be made stronger by doubling them over into a loop).

Below are the strengths of your exercise bands (by colour)



In terms of increasing the weight of your dumbbells, we recommend that you add the lightest plates to start (2 x 1.25kg = **2.5kg total increase**). Then reassess your RPE. If the dumbbells are still too light for you, then you can increase them again by another 2.5kg. If they become too heavy after adding 2.5kg, stick to your existing weight and increase the number of repetitions instead – see below.

2. Increase the number of repetitions

While your EP has instructed you to perform 3 sets of 10 repetitions for most of your TeleHab exercises, you can **increase the number of repetitions** you perform **anywhere up to 20 repetitions per exercise** if you find any exercise too easy. However, be sure to discuss this with your EP at your next consult. Anything more than 20 is too many, and you should discuss changing this exercise with your EP.

TeleFFIT 'STEADY' Balance | Mobility Exercises

In order to improve your balance and mobility, your STEADY exercises need to be continually **challenging to perform**. Your STEADY exercises are challenging if you experience any of the following:



You need to take one or more steps to keep your balance during exercise



You need to move your arms or grab and hold something to keep your balance during exercise



You feel unsteady during the exercise



You feel yourself holding any part of your body stiff or rigid to keep your balance during exercise

Use the 20:20 balance guide to monitor your balance intensity.

This balance principle suggests that you need to feel 20% steady AND 20% unsteady when training balance.

Below are some **other ways** to make your STEADY balance and mobility exercises **more challenging**:

- Change your foot positioning to a smaller 'base of support' (e.g., feet together → 1 foot in front of the other).
- Change to a less stable support surface (e.g., perform the exercise on your foam pad).
- Reduce sensory input (e.g., close your eyes – where safe but stand close to a wall for safety).
- Shift your body weight (e.g., by stepping or moving your body weight to the edge of your stability).
- Increase the speed of movement.
- Complete another physical or mental task while performing your STEADY exercise e.g., counting backwards in 7s from 100.