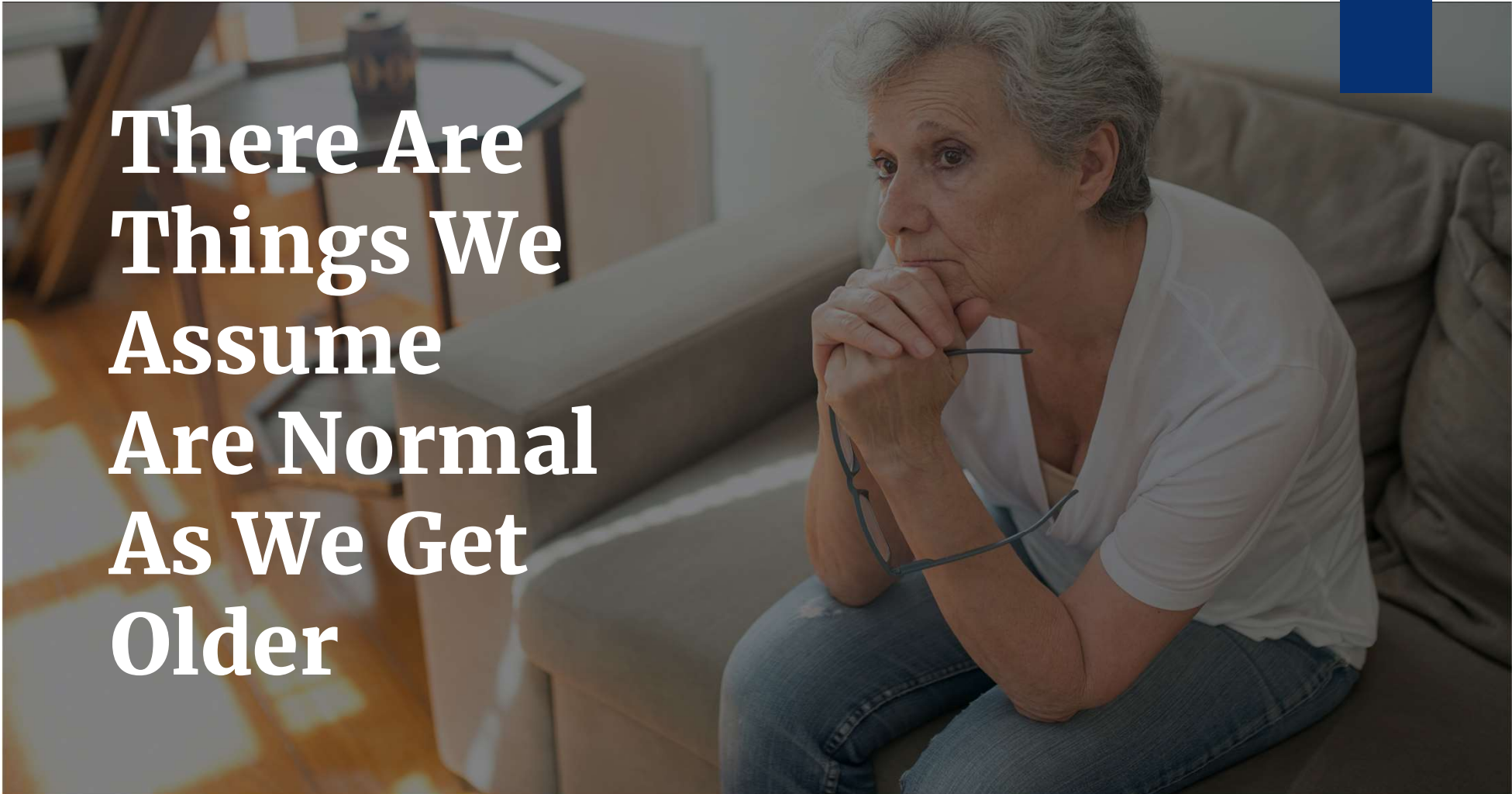




Power Training: How Can It Help?

BY: CRISTIANE B. CRUZ, CSEP-CEP, MPK

A photograph of an elderly woman with short, wavy grey hair, wearing a white t-shirt and blue jeans. She is sitting on a light-colored sofa, looking off to the side with a thoughtful expression. Her hands are clasped together, and she is holding a pair of glasses. The background is slightly blurred, showing a wooden table and some chairs. A solid blue vertical bar is positioned in the top right corner of the image area.

There Are Things We Assume Are Normal As We Get Older

Cristiane Cruz, CSEP-CEP, MPK



Loss of Strength & Balance Should Not Be!

Cristiane Cruz, CSEP-CEP, MPK

Power Training

Not all exercises are suitable for everyone and this or any other exercise program may result in injury. PLEASE consult your DOCTOR before beginning this or any other exercise program, especially if you have any chronic or recurring condition.

Cristiane Cruz, CSEP-CEP, MPK



What Is It?



Benefits



How Can It Help



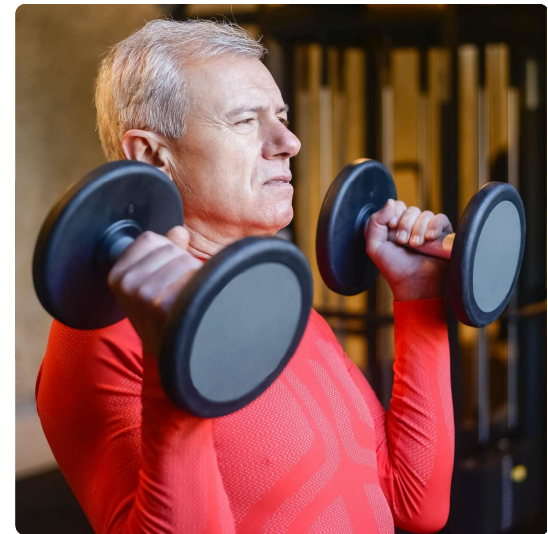
Precautions



Exercises

What Is Power Training?

- ▶ Strength Training + Speed = Power Training
- ▶ Focuses On Being Able To Complete Movements Quickly



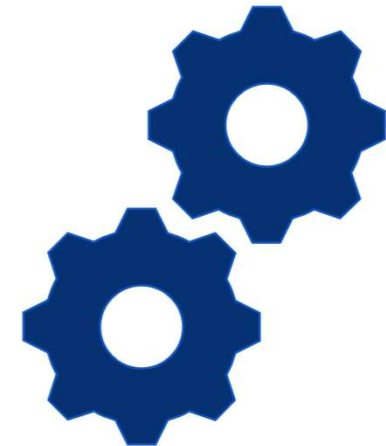


Why Is It Important?

- ▶ Think About Crossing A Road...
- ▶ You May Be Strong Enough, But Are You Fast Enough?
- ▶ What About Losing Your Footing...
- ▶ Are You Quick Enough To Catch Yourself?

Benefits

- ▶ Improved Mobility
- ▶ Increased Reaction Time / Reflexes
- ▶ Stronger Bones / Muscles
- ▶ Falls Prevention



How Can It Help?

- ▶ Sarcopenia
 - ▶ Age Related Muscle Loss
- ▶ Osteoporosis
 - ▶ Bone Loss
- ▶ Maintain Activities Of Daily Living
 - ▶ Cooking, Walking, Climbing Stairs...
- ▶ Parkinson's Disease**
 - ▶ Find Out More At www.pdwarrior.com



Precautions



- ▶ Consult Your Doctor Or A Qualified Exercise Specialist Before Starting A New Exercise Program
- ▶ Focus On Proper Posture Before Increasing Speed
- ▶ Don't Hold Your Breath!
 - ▶ It Can Drastically Increase Your Blood Pressure

Sample Exercises

- ▶ Sit to Stand
- ▶ Clock Lunges
- ▶ Seated Marching
- ▶ Weighted V's
- ▶ Skydiver



Sit To Stand



- ▶ Start By Scooting Close To The Front Of The Chair.
- ▶ Next, Lean Forward At Your Trunk And Reach Forward With Your Arms And Rise To Standing Without Using Your Hands To Push Off From The Chair Or Other Object.
- ▶ Use Your Arms As A Counter-balance By Reaching Forward When In Sitting And Lower Them As You Approach Standing.

Lunge Clocks



- ▶ Start By Standing With Both Knees Straight.
- ▶ Begin By Taking A Step Forward And Slightly Out To The Side As You Allow Your Front Knee To Bend. Your Back Knee May Bend As Well. Then, Return To Starting Position.
- ▶ Next, Perform This Again As You Take A Step Approximately 45 Degrees Out To The Side. Then, Return To Starting Position.
- ▶ Lastly, Perform This As You Take A Step Directly To The Side. Then, Return To Starting Position.
- ▶ Keep Your Pelvis Level And Straight The Entire Time. Keep Your Back Ankle On The Ground.

Weighted V's



- ▶ While In The Standing Position And Holding A Medicine Ball In Front Of You, Move The Ball Quickly In A "V" Pattern As Shown.
- ▶ The Ball Should Be Moving Up And Down And Then To The Other Side Repeatedly.
- ▶ Try To Maintain A Still And Stable Spine The Entire Time. Ensure You Keep Your Shoulders Back.

Seated Marching



- ▶ Sit In A Chair And Start By Lifting Up Both Knees As Shown.
- ▶ Next, Extend Your Legs Fully As You Straighten Your Knees.
- ▶ Then, Bend Your Hips And Knees To Bring Your Feet Back To The Starting Position. Repeat.
- ▶ Keep Your Chest Forward The Entire Time.

Skydiver



- ▶ Lie Face Down With Arms By Your Side.
- ▶ Next, Lift Your Upper Body, Lower Legs, Thighs And Arms Off The Ground At The Same Time As Shown.
- ▶ You Can Place A Pillow Under Your Stomach For Comfort.

Looking For Additional Exercises?



- ▶ Check Out PD Warrior's Youtube Channel!
- ▶ Can Be Helpful For Many Individuals, Not Just Those With Parkinson's
- ▶ <https://www.youtube.com/@PDwarrior4parkinsons>