



FIBROMYALGIA EXERCISES

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Equipment Needed: Yoga mat, weights, small pillow

Repetitions:

Beginner: 5-10 reps

Intermediate: 10-20 reps

Advanced: 20-30 reps

Warm up

1. Pliés – first position, arms in second position – 20 reps
2. Pliés – second position, Port de bras arms – 8 sets to a count of 8.
3. Squats with weights – 20 reps
4. Lunge with weights – 20 both sides
5. Kneeling twists – 20

Floor – on back

6. Hip flexor stretch – 30 seconds both sides
7. Pilates leg raises – 12
8. Ballet Reverse butt lifts singles - 20
9. Reverse butt lifts hold for 20
10. Abdominal curls – 60
11. Ballet floor Bar leg exercises – 20/15
12. Bicycles – 160
13. Ballet sit-ups – 15

Floor – on tummy

14. Planks – 200 seconds
15. Push-ups – 30
16. Ab Twists – 100
17. Side Planks – 100 each side
18. Ballet donkey kicks 30

Standing arm exercises with weights

19. Tricep kickback – 30

20. Tricep kickback pulses– 30
21. Arms forward and back squeezes– 30
22. Overhead arm extension to back – 30
23. Overhead arm extension out and in – 30
24. Alternate Knee and arm raises – 30
25. Alternate knee and arm bicep curls - 30

Cool down

26. Stretching arm across the body in Plié second position– 30 seconds
27. Stretching arm behind the head in Plié second position– 30 seconds
28. Bending over with arms behind your back – 30 seconds
29. Bending over with arms on floor in front of you - 30 seconds
30. Bending over with arms between your legs behind you - seconds
31. Bending over with hands on your legs - seconds

On floor

32. Seated forward bend hand on legs – 30 seconds
33. Seated forward bend hands on floor– 30 seconds
34. Seated forward bend hands out in front – 30 seconds
35. Side stretch on left leg – 30 seconds
36. Side stretch on left leg face down – 30 seconds
37. Side stretch on right leg – 30 seconds
38. Side stretch on right leg face down – 30 seconds
39. Hurdlers position right leg – 30 seconds
40. Hurdlers position left leg – 30 seconds
41. Butterflies – 20 second pulse, 30 second squeeze – 3 reps.
42. Leg bounces in front.