

Safe and effective exercise is important to maintain good health in people with a bleeding disorder. Resistance training helps to strengthen muscles and joints and can help reduce or prevent bleeds. The CDC recommends that adults need to do muscle-strengthening activities at least 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms). Remember, healthy bodies bleed less!

THINGS TO CONSIDER WHEN STARTING A STRENGTH-TRAINING PROGRAM:

Start Slow and Gentle: When beginning a strength-training program, start with one set of 8-10 repetitions. Over time, gradually increase your repetitions or increase to two sets.

Have Patience: “No pain, no gain” is NOT a motto by which to live. Doing too much, too fast can cause injuries. Progressing slowly and steadily will get you to your goals and greatly improve your quality of life.

Maintain Consistency: Along your path of getting stronger, you may experience some setbacks in maintaining your routine. Just know that life can and will get in the way. The key to being successful long-term is to not beat yourself up about missed workouts and just get back to your exercise routine as soon as you can.

Joint Bleed: If you are currently experiencing a joint bleed, do not exercise the affected joint. You may, however, be able to do other exercises. For example, if the affected joint is your knee, you may be able to do seated upper body or core exercises instead of leg exercises.

TIPS FOR YOUR EXERCISES:

- ✓ Consult with your physician prior to beginning any exercise program.
- ✓ Resistance band can be attached to a door knob, over a closed door, or any secured object.
- ✓ Engage your core (tighten your abdominal muscles).
- ✓ Keep your spine in neutral from neck to tailbone.
- ✓ Keep shoulders down and back.
- ✓ Keep the movement controlled.
- ✓ Breathe.

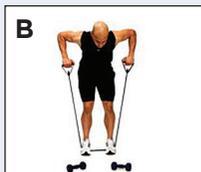
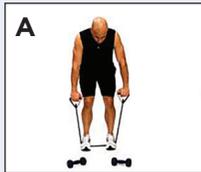
Bent Over Row

Level: Beginner

Area of Focus: Chest, Upper Arms

A. While holding on to the handles, place the band under your feet. Standing with your feet shoulder width apart and maintaining a straight back, bend forward at your hips.

B. Pull your elbows back to engage the muscles across and between your shoulder blades. Then lower your arms to the starting position.



Chest Press

Level: Beginner

Area of Focus: Chest, Upper Arms

A. Attach the middle of the band to a door knob or secured object. While holding on to the handles, place your feet in a staggered stance. With palms down, raise your elbows out to your side just below shoulder height.

B. Extend your arms to engage your chest muscles. Then bend your elbows to return to the starting position.



Hip Adduction*

Level: Intermediate

Area of Focus: Inner Thigh

A. Pull the band through one of the handles to make a loop and put it around your ankle. Hold the other handle in your opposite hand. Step on the band with your free leg.

B. Extend your leg with the band on your ankle out in front of you. While maintaining a straight leg and engaging your inner thigh muscles pull your leg across your body. Return to the starting position. Repeat on the other side.



Hip Abduction*

Level: Intermediate

Area of Focus: Buttocks, Outer Thigh

A. Pull the band through one of the handles to make a loop and put it around your ankle. Hold the other handle in your opposite hand. Step on the band with your free leg.

B. Extend your leg with the band on your ankle out in front of you. While maintaining a straight leg and engaging your outer thigh muscles pull your leg away from your body. Return to the starting position. Repeat on the other side.



*These exercises can be modified into a beginner exercise by holding on to a stable object such as a dining room chair.

Hip Extension*

Level: Intermediate

Area of Focus: Buttocks, Back of thigh

A. Attach one end of the band low on a secured object. Pull the band through the other handle to make a loop and put it around your ankle.

B. While maintaining a straight leg and engaging your glute muscles pull your leg straight back. Return to the starting position. Repeat on the other side.



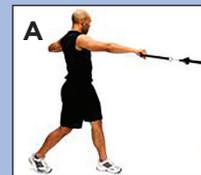
1- Arm Row

Level: Intermediate

Area of Focus: Trunk, Mid-back across the shoulder blades

A. Attach one end of band to the knob of a closed door. Hold the other handle and face the door. Step back into a staggered stance.

B. While maintaining a staggered stance and keeping your elbow at shoulder height, rotate in your torso and pull your elbow back to engage the muscles across and between your shoulder blades. Return to the starting position. Repeat on the other side.



Torso Rotation

Level: Intermediate

Area of Focus:

Trunk, Shoulders, Arms

A. Attach one end of band to the knob of a closed door. While standing with the door to your left, hold the other handle in both hands with your arms extended.

B. Rotate your torso away from the door and pull the band across your body. Keeping your arms extended, slowly return to the starting position. Repeat on the other side.



Upward Diagonals

Level: Intermediate

Area of Focus:

Trunk, Shoulders, Arms

A. Attach one end of the band low on a secured object. While standing with the secured object to your left, hold the other handle in both hands with your arms extended.

B. Rotate your torso away from the door and pull the band up and across your body in a diagonal. Keeping your arms extended, slowly return to the starting position. Repeat on the other side.



Squat to Overhead Reach

Level: Advanced

Area of Focus: Total Body

A. Place one end of the band over a door and close the door. Hold the other handle in both hands. Facing the door, stand with feet slightly wider than shoulders and extend arms over head.

B. Keeping the back and arms straight, simultaneously bend your knees to squat down and pull the band down toward the floor. Keep your heels down and your knees in line with your feet. Keeping the back and arms straight, return to the starting position.



Lunge with Arms Extended

Level: Advanced

Area of Focus: Total Body

A. Attach one end of band to the knob of a closed door. While standing with the door to your left, hold the other handle in both hands with your arms extended.

B. Step forward with your right foot and bend knees to lower into a lunge. Keep your front foot flat on the floor and knee in line with your foot. Then push up through the heel of your front foot to return to the starting position. Turn around and repeat on the other side.



*These exercises can be modified into a beginner exercise by holding on to a stable object such as a dining room chair.

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A reminder, consult your physician or HTC to determine the best physical activity for you. For additional tips/information about staying active and healthy while living with a bleeding disorder, visit HFA's FitFactor - Health & Wellness at www.hemophiliafed.org.

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