



# PROGRAM MANUAL

Your complete  
PD Warrior® Program



**This manual belongs  
to PD Warrior**

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# Introduction

Exercise has long been recognised for its therapeutic benefits in maintaining mobility, mood, and function. However, in the last decade or more, there has been a growing body of evidence showing that exercise helps to re-wire the brain, to move, think and feel better, and may also be neuro-protective. This means that the right kind of exercise may not only improve overall physical function, it is likely to have an effect on disease progression and ultimately slow the symptoms of Parkinson's down.

The more we have learned about the body's response to exercise, the more we have also learned about its ability to act as a vehicle to improve mindset, perspective, and confidence as well as physical and cognitive fitness.

PD Warrior has become one of the leading global rehabilitation programs for people living with Parkinson's. PD Warrior continues to gather the most relevant and recent evidence, clinical experience and our own clinical trials into a proven framework that can be tailored to your specific needs to be the most effective Parkinson's program for you. We strive to be the most comprehensive and holistic approach to Parkinson's management and to be the program your future self will thank you for.

To your success,



**Dr Melissa McConaghy**  
CEO and Founder

# Parkinson's disease

True Parkinson's is called idiopathic Parkinson's. This indicates that it has arisen without known cause and spontaneously. Your doctor or neurologist will be confident of a diagnosis based on your symptoms, your response to medication and the exclusion of other neurological conditions.

You may present with one or all the following:

- Rigidity or stiffness in the muscles and joints.
- Tremor that comes on when you are resting.
- Slow movements called 'Bradykinesia'.
- Postural instability and loss of balance

One third of people also notice issues that are not related to movement such as constipation, loss of smell, cognitive and mood changes, and involuntary thrashing when you sleep at night (often noticed by your partner/spouse).

Bradykinesia and rigidity are commonly defined as 'poverty of movement'. This means you are unable to generate the correct amount of motor output and the scale required to initiate and drive normal movement. It can feel that you are slow to start moving and slow and small and stiff when you do move. This can translate to difficulty with doing up buttons, losing the body's natural arm swing when walking or developing a rigid stiff posture.

You might notice a tremor in the same or different limbs. Parkinson's tremor typically emerges at rest in a limb and may include more areas of the body over time as well not just at rest. Tremor has a slightly different pathology and treatment approach for this reason.

The primary pathology for Parkinson's is the destruction of dopamine producing cells sitting in the basal ganglia. The basal ganglia regulates movement after receiving information from those parts of the brain that initiate movement. If you have less dopamine your movements become slower and smaller with less control and this can also lead to tremor. Over time this can create more issues with balance and postural control and episodes of freezing where your limbs can stick to the floor.

Parkinson's medications can be very effective in the early stages to relieve some of the symptoms and keep you moving well. What they cannot do is slow the disease progression. Exercise is currently your best defence at slowing your Parkinson's down.

# The Exercise Effect

Exercise is acknowledged for its health benefits, however, most general exercise is typically considered neuro-passive. Great for heart, lungs and joints but not sufficiently rigorous, novel or effortful enough to improve the symptoms of Parkinson's and in many cases slow progression. PD Warrior uses an exercise approach that we call neuro-active. Our Parkinson's specific neuro-active exercise helps the brain in three key ways:

## Neuro-plasticity:

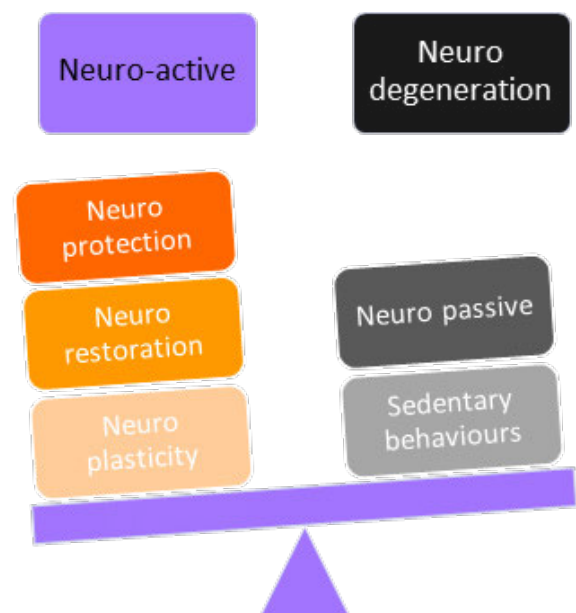
The capacity of the brain to re-wire connections in response to activity and stimulation. The right amount and type of exercise can re-wire to drive more efficient movement patterns and better motor-output. This re-wiring of your brain helps you to move more freely and with less conscious thought, thus enabling you to perform activities that had deteriorated or that you may have had to stop, due to Parkinson's. Exercise teaches your brain how to re-learn. This is a great way to improve your symptom presentation but the flip side of neuro-plasticity is that lack of activity and stimulation can also encourage the brain to prune off and re-wire redundant pathways. We call that neuro-degenerative behaviour.

## Neuro-restoration:

This is the brain's response to exercise at the cellular level. Research has shown that Parkinson's specific exercise is capable of modulating neurotransmitter response and enhancing access to the brain's naturally produced dopamine.

## Neuro-protection:

This is the protection of the brain's dopamine producing cells from further deterioration. Exercise has been strongly linked to research showing that vigorous exercise is likely able to protect these cells from continued destruction.



# Four Key Pillars

Although PD Warrior is an exercise-based approach, it is also a broad framework that draws from health coaching literature and rehabilitation principles to provide a very comprehensive and holistic approach. It is these four key pillars that are key to the success of the program.

## Exercise

Neuro-active exercise can be tailored to help you move better. This is different to regular exercise and targeted to your specific Parkinson's needs.

## Education.

Feeling empowered and armed with the right knowledge is crucial for helping you to stay in the driver's seat.

## Long-term behaviour change.

Parkinson's is no longer considered a terminal condition. How well you live with it is up to the choices and behaviours you make.

## Support.

You are not alone on your journey. You are part of the PD Warrior family.

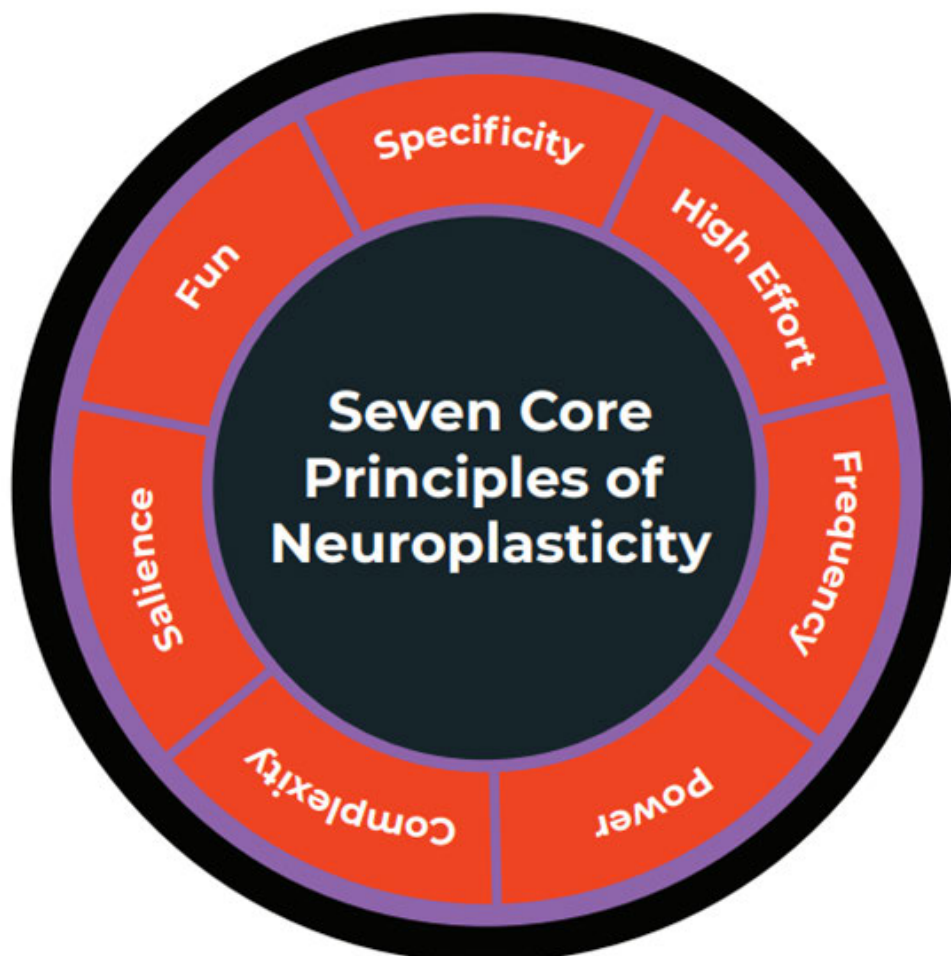
## THE FOUR PILLARS OF PD WARRIOR



# 7 Core Principles

PD Warrior is designed to drive neuro-plastic change and slow the symptom progression of Parkinson's. The program is supported by a framework of seven evidence-based core principles and it is this combination and the four key pillars that truly create the magic of PD Warrior. Since 2010, the PD Warrior team have been researching the available evidence from around the world. We continue to develop and refine the program regularly to create what we now think is the most successful way to treat people with early stage Parkinson's disease. The seven core principles of PD Warrior all need to be applied in order for the program to achieve the best results. It is important that you understand how neuroplasticity works and how the principles can be applied to your PD Warrior exercises and beyond.

## THE PD WARRIOR 7 CORE PRINCIPLES



Read on for the overview and for more information please talk to your therapist.

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## 1 Specificity

Parkinson's is an incredibly complicated condition with a myriad of presentations so there is not a one size fits all approach. The more your program can be tailored to you and your unique needs, the more effective it will be. Over the past decade we have worked to create an exercise framework that links the most effective type of exercise with each primary motor presentation. Although this needs to be refined further to meet your goals, activity level and function, here are some broad examples of what we recommend by definition:

- **Tremor Dominant** - we recommend you focus more on intensity, forced use and motor output components of the program.
- **Bradykinetic** - focus more on learning large amplitude, symmetrical and exaggerated movements.
- **Agility Impaired** - if you are falling and freezing focus on weight-shift, agility and fall prevention exercises.

There will be other factors that your therapist will consider in your exercise prescription as well such as cognitive and mood changes, deep brain stimulation and medication changes so keep them up to date with any changes you are experiencing.

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## 2 High Effort

The research tells us that intensity of your program is very important. Intensity can mean both heart rate elevation, which measures your cardiovascular effort, and motor-output which measures the effort you

use to drive movement. We find there is a relationship between the two in that if your heart rate is really high, your motor-output is likely quite low and vice versa. Your therapist will prescribe exercises specifically to increase one or the other depending on the desired outcome. In therapy we often monitor your heart rate for cardiovascular effort and use a subjective scale called the Modified Rate of perceived (RPE) scale to measure your motor-output effort level which we will cover in more detail later.

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## 3 Frequency

Your brain responds to the simulation and demands placed on it. If you challenge it daily with intensive, specific exercise and cognitive challenge it will respond to meet those demands. Your brain does this in many ways such as; increasing the number of connections between certain neurons, supporting neurons better with blood supply, modulating certain neurotransmitters and making other changes at the cellular level. This response is what helps you to move, think and feel better. If you don't challenge it on a daily basis, your brain will respond to a lesser degree. We recommend that you aim for a minimum of 20 minutes of Parkinson's specific exercise each day, in addition to your regular exercise program.

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## 4 Power

The dopamine deficiency experienced in Parkinson's can often lead to smaller and slower movements, called Bradykinesia. This can also impact the speed and volume of muscle recruitment which leads to a perceived weakness. Overtime, this reduced scale, speed and strength of movement recalibrates and becomes the new 'normal'. Power training aims to reverse and re-train what should be normal and functional movement to help you access the full scale, speed and strength required for every day movements. This can take some time getting used to. Remember, your scaling down has likely happened over several years so it might feel strange at first to start reversing this.

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## 5 Complexity

One of the ways our brains have enabled us to evolve is by automating many of the everyday movements we do, such as walking, rolling in bed, reaching and perhaps even driving a car (!!). These are typically activities that we don't consciously plan out and then execute, we just do them. When living with Parkinson's, many of these movements can become less automatic so that you actually have to think about what you are doing and likely can't do a second (dual) task at the same time. A good example might be if you've found you can no longer safely walk or drive and carry-on a conversation. The good news is that research, and our own experience, supports the capacity for people to get better at dual tasking. As part of your assessment, your therapist will assess your level of dual task ability in several motor tasks and determine the most appropriate course of action.

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## 6 Saliency

What is most meaningful to you? What goal motivates you, gets you out of bed and encourages you work hard to achieve it? If this is not clear in your head, it can be hard to stay committed and prioritise your exercise program. As part of your assessment, your therapist will work with you to articulate your goals, both short and long term, and then use them to prescribe the most effective exercise program to help you achieve them. Spend a bit of time thinking about what you want to achieve with PD Warrior and your exercise program if you have not done this already.

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## 7 Fun

We know that when exercise is fun, you're more likely to work harder, feel better and engage in it consistently. Moreover, the psychological impact of 'fun', especially during exercise cannot be underestimated for its role as a natural mood booster-releasing endorphins and other neurotransmitters that promote feelings of happiness and relaxation. This, in turn, can have a positive impact on motivation, self-esteem, and overall mental health. The more fun you have when exercising, the more likely you are to interact and connect socially. Your therapist will be constantly thinking of different ways to make your exercises fun with interesting equipment, great music and functional exercises. Dad jokes are always welcome.

# Type of Parkinson's

Even though PD Warrior is a Parkinson's specific exercise program, your progress will be further enhanced if you can drill down even further into what specific motor type of Parkinson's you have.

Parkinson's is a very complex condition and your journey with Parkinson's, and how you manage it, are likely very different to anyone else. What is similar, however, is how you will respond to a few broad guidelines depending on which types of motor presentations. You might find that you have one dominant presentation, you might have a combination of all three or, if you are in the very earliest stages, you may not identify with any of these three and so sit in the neuroprotection category.

## Broad treatment approaches

| Bradykinesia                                                                                   | Tremor Dominance                                                                                          | Agility Impaired                                                                                           |
|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Amplitude</li><li>• Scale</li><li>• Symmetry</li></ul> | <ul style="list-style-type: none"><li>• Forced Use</li><li>• High Effort</li><li>• Motor Output</li></ul> | <ul style="list-style-type: none"><li>• Weight shift</li><li>• Fall prevention</li><li>• Agility</li></ul> |

## Which type are you?

**Bradykinesia** - When slow, small movements bother you the most

Dopamine deficiency can lead to insidious under-scaling of movement as other neurotransmitters become over-represented in the basal ganglia. You may have noticed with an activity such as walking that your steps have become smaller, more shuffling and you perhaps you scuff your foot a bit more. It is a chronic under-scaling of movement that limits effective foot clearance and stride length and makes big movements like walking and small movements like writing so challenging.

**Tremor Dominant** - When your tremor bothers you the most

As dopamine is an important neurotransmitter, the loss of it interferes with the fine balancing and regulation of electrical activity in two main brain circuits. Tremor reduction has a variable response to dopamine replacement therapy due to the involvement of these two likely brain circuits. While the mechanisms that result in tremor are not fully understood, what we do

know is that a tremor dominant presentation typically represents a slower progression of the condition and less impact from other concurrent features of the condition, namely rigidity, bradykinesia and dementia.

**Agility impaired** - When falls and/or freezing bother you the most

It is not uncommon to start feeling like your reaction times and agility are not what they were. Lack of agility, often described clinically as postural instability, can lead to near misses, falls and freezing. Given that one fall or more in twelve months can reduce confidence and subsequent mobility, it is important to explore fall prevention and weight shifting strategies as early as possible.

**Neuroprotection** - When you are in the earliest stages of Parkinson's, are moving well and want to stay that way.

# Medication

Medication is an important part of your Parkinson's treatment and can help you to get the most from your exercise program. Medication can assist you in three different ways:

- 
- increasing the amount of dopamine in the brain
- 
- acting as a substitute for dopamine by stimulating the parts of the brain where dopamine works
- 
- blocking the action of other factors (enzymes) that break down dopamine
- 

Medications can help to remedy dopamine deficiency but to date have been unable to protect the dopamine producing cells from continued destruction and are not considered disease-modifying.

Do you notice improvements in your mobility after you have taken your medication? If so, then we would recommend that you try and time doing your exercises when you are at your best, usually about 40- 60 minutes after taking your medication, when you are 'on'. It is not a good idea to do your exercises when you are off. As well as being frustrating, it may also increase your risk of hurting yourself or falling and it also limits the training effect you can achieve.

# GETTING STARTED

## What Equipment Will I Need?

PD Warrior is designed to use minimal and basic equipment to provide you with feedback and a reference point for your movements. We have ready-made home starter kits that you can purchase in our online shop or through your therapist for convenience, or you can look to source your own items. Depending on you're the exercises prescribed, here are the main items you'll need:

- Sturdy chair, preferably without arms
- Tulle or nylon scarf
- Light resistance band
- Plush foam ball
- Foam blocks
- Agility dots or floor markers

## Other Equipment

To add extra dimension to your program may include:

- Half foam roller or pool noodle (for thoracic extension)
- Pedometer or activity tracker
- Metronome (to help improve timing)
- Agility ladder (to provide a visual stepping target)

## What Clothing & Footwear Should I Wear?

We encourage you to wear loose, comfortable clothing that breathes well. Layers may help if you have extremes of temperature where you train or are prone to overheating. Your footwear needs to be supportive such as trainers or walking shoes. No slippers if working out at home!

## Where should I exercise?

- Once you know the exercises and principles you can do your home program virtually anywhere - yes, even when traveling.
- You do need to consider how much room you need. Most exercises require as much space as it takes for you to take a large step in every direction - forwards, sideways and backwards.
- Don't have any furniture within a full arm span, add a bit of extra space for good measure.
- Flooring - clear out a space in the garage, spare room or lounge. Make sure there are no greasy marks or slippery mats, cords, or chair legs for you to trip over or slip on.
- Ensure your space has adequate ventilation.

## If one part of my body needs more attention what should I do?

If you have noticed more symptoms in one particular arm or leg, you may wish to focus on that limb during each exercise. Make sure that the particular limb you are focusing on is leading the exercise in effort, amplitude and symmetry. Focus on that limb and the rest of body will follow. You may also wish to double the repetitions on that side, especially if there is a marked difference from one side to the other. For specifics, please be sure to talk to your therapist if you are unclear.

# RPE

The RPE scale is a guideline for you to put a measure on your level of motor-output. Your ideal RPE goal is 80%. This is your 80% effort level and may look different to what other people are doing. It is also likely something that you will need to build up to. When doing your exercises, repetitions are important, but so too is the effort that you do them at.

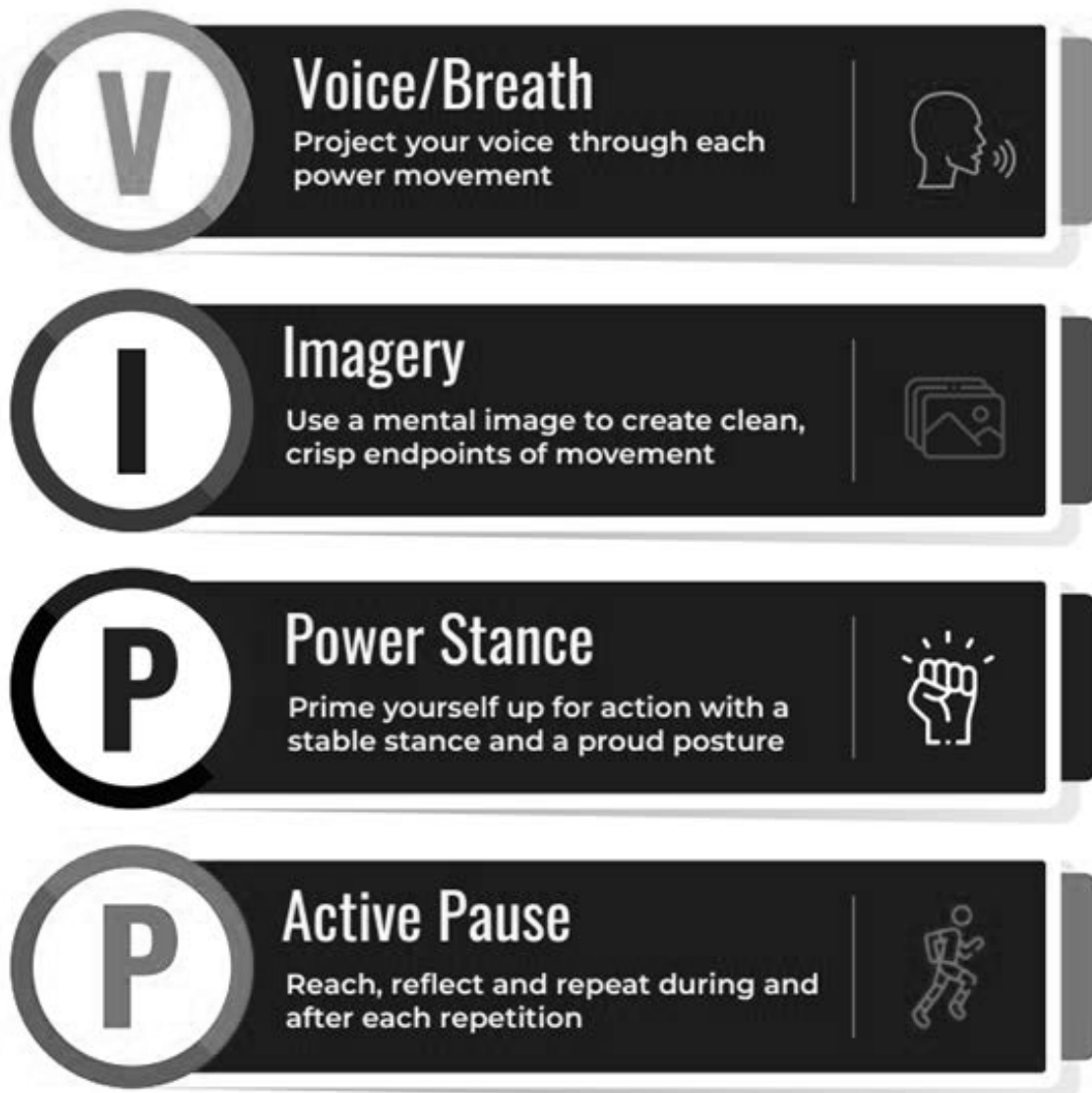
## PD WARRIOR RPE SCALE

|             |                                                                     |
|-------------|---------------------------------------------------------------------|
| <b>100%</b> | I am going to hurt myself, someone next to me, or the furniture     |
| <b>90%</b>  | I am at risk of levitating I am moving so vigorously                |
| <b>80%</b>  | I am powerful and feisty - I am moving like a PD Warrior!           |
| <b>70%</b>  | I am starting to feel athletic and definitely breaking a sweat      |
| <b>60%</b>  | I am starting to generate power and force in my movements           |
| <b>50%</b>  | I could do this exercise at least fifty times and not break a sweat |
| <b>40%</b>  | I could do this exercise all day                                    |
| <b>30%</b>  | I'm going through the motions and feel less than impressive         |
| <b>20%</b>  | I'm doing the exercise with insignificant effort                    |
| <b>10%</b>  | I'm not even pretending to do this exercise                         |

# How to get the VIPP treatment

In addition to working on your effort, power and complexity, there are further refinements that your therapist will go through with you when learning your prescribed exercises. Most of the 10 core exercises are actually two parts (except for the Penguin Waddle and overhead ball throw). This means that going out, needs to be as strong as the coming home part of the exercise. If this is not the case and you get a bit sloppy on the return part of the exercise, you are missing 50% of the exercise benefit!

Here is a mnemonic to help you focus on other elements of quality for you to focus on.



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## Voice projection

It is not uncommon for the quality of voice projection and clarity to reduce overtime. Fortunately, this can be reversed and sustained with training and practice. What better than to combine voice training and breathing with your exercise! Improving voice projection can enhance communication and social interactions and make for a very lively exercise session. Also, we find that the louder the voice, the higher the motor output!

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## Mental Imagery

Imagining a functional movement while doing a prescribed exercise can help to ensure motor control and precision, what we like to call clean and crisp endpoints. Imagery can help to link some of the more abstract or complex motions in everyday tasks to improve fluidity and overall movement quality. This could be anything from pulling your feet up out of mud to starting an old rusty chainsaw!

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## Power stance

Before you commence each repetition or part of movement, be sure to prime yourself by standing tall, stable and proud. Not only are you preparing you for action, this posture can activate the body's sympathetic nervous system, and promote a more proactive and assertive mindset. The physical stance can positively influence your psychological state, making you feel more ready to tackle challenges and seize opportunities.

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## What is the 'Active pause' and why is 'coming home strong' important

The 'Active Pause'. There is a reason you need to stop and pause after the going out part of the exercise. You need to actually give yourself enough time to process what you have done, and what you can potentially do better before 'coming home'. This pause is active and further opportunity to get another 10% of stretch, reach, range or a smidge lower in the squat. Don't miss that last little bit.

# Precautions to exercise

It is really important that you know exactly what you can and can't do in the PD Warrior program. Reasons why you may have restrictions are typically for medical reasons but it might just as likely be because of injury or predisposition to injury. During your assessment your therapist will go through this with you. It is up to you to disclose any medical conditions with your therapist and also that you understand and follow recommendations provided by your therapist, as well as when you are working on your home program.

## How do I avoid injuring myself?

It is really important that you follow the instructions for each exercise to avoid injury. If you are just starting out, be gentle on yourself, especially if you are new to exercise or don't exercise regularly. As you become more confident with the program, the exercises and how to push yourself, you can start to work towards an effort level of 80%. If anything hurts while you are doing the program stop immediately and talk to your therapist. All of the exercises can be modified to be made easier as well as harder so listen for the cues and listen to your body.

## What do I do if I have an existing injury?

Like with any exercise program, it is important that the exercises are modified to your specific presentation. If you have an existing injury that limits activity or that you are concerned about, we strongly recommend that you discuss this with your therapist.

## Why is it so important to work with a therapist?

PD Warrior is a Parkinson's Specific Exercise program that aims to slow your symptom progression by tailoring the program to your unique needs. Working with a therapist will further enhance your results. We recommend that everyone consult with a therapist - either at your local licensed facility or through our online coaching platform.

# GOAL SETTING

To get started, consider your long-term goal first. This is something that you want to commit to working towards over the next 12 months. Be BRAVE, think big! What's likely to keep you motivated when the going gets tough? We call this your Brave Goal.

## START WITH YOUR BRAVE GOAL

Planning your goals is an essential part of the program and provides your road map. It helps you stay on task, sets structure and boost self-confidence. As well as providing a structure, setting good goals can be incredibly exciting. Spend a bit of time considering your goals and write them down and review them regularly. Post your goals up somewhere obvious when you will see them every day.

When you've considered what you want to work on/or towards for your Brave Goal, rate your level of difficulty to do this activity right now. Pop this in the table below where it says starting score. "0" represents unable to perform activity at all, and "10" represents able to perform well and same level as before diagnosis. You will come back to this goal at 12 weeks, 26 weeks and 12 months to rate your level and see how you are tracking.



Unable to  
perform activity

Able to perform activity at  
the same level as before  
injury or problem

| Brave Goal | Starting Score | 12 Weeks | 26 Weeks | 12 months |
|------------|----------------|----------|----------|-----------|
|            |                |          |          |           |

# GOAL SETTING

Next let's consider your short-term goals. These are goals you would look to achieve over the next 6-12 weeks.

Consider what daily activities are most challenging for you and would make the most difference in your life to achieve. Choose up to 5 but be mindful that the more goals you have the less you can focus on each goal. These goals are what we call Challenge Tasks.

When you've considered what you want to work on/or towards for your Challenge Tasks, rate your level of difficulty to do these activities right now. Pop your starting score in the table below. "0" represents unable to perform activity at all, and "10" represents able to perform well and same level as before diagnosis.

You will come back to these Challenge Tasks at 12 weeks and possibly beyond to see how you are tracking.

## CHALLENGE TASKS (MILESTONES TO BE ACHIEVED OVER A 6 TO 10 WEEK TIME PERIOD):

| Challenge Task | Starting Score | 12 Weeks | 26 Weeks | 12 months |
|----------------|----------------|----------|----------|-----------|
| 1.             |                |          |          |           |
| 2.             |                |          |          |           |
| 3.             |                |          |          |           |
| 4.             |                |          |          |           |
| 5.             |                |          |          |           |

# 10 Core Exercises

The PD Warrior core exercises in this book are your starting point. You do not need to do all 10 Core Exercises every day, perhaps just three or four that you and your therapist feel are most beneficial to you.

## Daily recommendation



PDW 20 mins each day + 30 mins of other

Just remember though, because you are not doing huge volumes of sets or reps, each one needs to count!

Generally, we recommend you do five sets of three 'good' reps of each of up to four exercises. What does a 'good' rep mean? It means that you can only count the repetitions that meet your agreed strict criteria. Examples of criteria that you and your therapist might agree on for different exercises;

- Symmetry
- Scale
- Dual tasking
- Coordination
- Balance/Stability
- Effort

The criteria will be specific to you and the exercise and what will benefit you most. What is important is you become your own task master. You need to learn how to judge if each repetition you do qualifies as a 'good one'. If it doesn't, you need to discard it and do it again better. This is all part of the learning process that you and your instructor go through.

Your PD Warrior exercises should take you about 20 minutes to complete each day. If you add that to 30 minutes of another activity and some other incidental or scheduled activity that you enjoy doing such as walking, swimming or cycling for example you will easily achieve the 60 minutes of exercise that we recommend per day.

It is important to think about the principles of PD Warrior as much as the exercises themselves. If you learn the 7 key principles and how to apply them in your exercise, you can then start getting creative about how you add those principles into your everyday activities. The concepts of PD Warrior stand it apart from other exercise programs you may have experienced before, but to truly appreciate how important they are you need to apply them consistently with just about all your movements.

# OVERHEAD BALL THROW

This exercise is designed to elicit force and power from the upper limbs and is especially good for people who suffer more from slow, small movements as well as tremor dominance as well. This exercise has an element of balance when you throw the ball, and an element of control and coordination required to catch the ball on the full.

## HOW TO

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Face a solid wall, with your feet in a split stance, about one to two metres away from the wall. Grab the soft ball and bring your arms over your head. Throw the ball overarm, using both arms together and equally. Aim for a target above head height. Ideally you should throw with enough force to catch the ball on the full but don't worry if you don't at first. Not catching the ball does not mean you move forward.

## "GOOD REP" CRITERIA

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1

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2

---

3

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## EQUIPMENT

- You will need a soft sponge ball for this exercise.

## PRECAUTIONS

If you are prone to back injury, be sure not to arch your back in the throw. If you have a pre-existing shoulder injury, you could try throwing underarm from a standing position or throwing directly down to the floor. If you are concerned about balance, have a chair in front of you and do not go for the ball if you don't catch it immediately. You will need to nominate someone else to fetch the ball for you in this case.

# SQUAT AND STOP

This exercise focuses on power squatting to strengthen your legs and lower back as well as full extension and amplitude in your arms and hands.

## HOW TO

Stand facing away from your chair, as if you are about to sit down. Your feet need to be hip width- apart and feet placed slightly behind the knees. When you are ready, move to sit down. Do not actually transfer your weight to the chair. Hover over the chair for a moment and then come back up to a fully extended position. While you are moving to sit and stand with your lower legs you are going to be doing a power movement with your hands. When you are standing, your hands and arms are extended down by your side. When you go to sit, your hands come up into the 'STOP' position. Imagine that someone is running at you and you are trying to stop them barrelling into you.

Big, open hands, wrists extended, arms reaching out and chest up.

## "GOOD REP" CRITERIA

1

2

3



## EQUIPMENT

- You will need a sturdy chair to do this exercise.

## PRECAUTIONS

If you have difficulties with knee pain, start with slower squats, or half squats where you only squat to half way. If balance is a concern, have a sturdy chair placed in front of you, but not obstructing your arms. In the case of pre-existing shoulder injury, change the arm position to a sideways movement.

# SCARF SNATCH

This exercise focuses on arm swing and ballistic, powerful movements. This is a great exercise if your main symptom is bradykinesia and you have dexterity issues or loss of full arm swing. You can increase the difficulty of the task easily as you progress.

## HOW TO

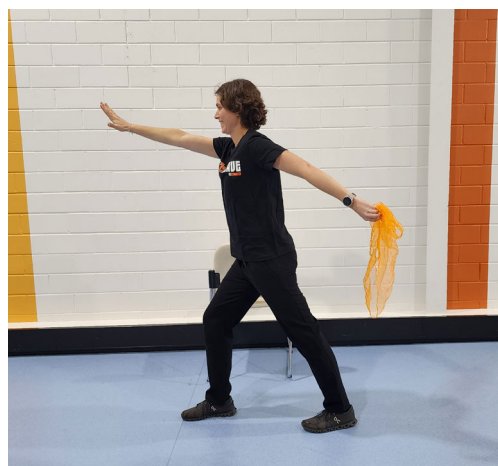
Start by holding a scarf in each hand with your feet wide apart. Throw the scarf directly up into the air, as high as you can towards the ceiling. As the scarf floats down, snatch it out of the air from above as it reaches shoulder height. The focus of this exercise is on the 'snatch' as you rip the scarf out of the air. Do not wait for it to fall down and do not try to catch it underarm. The whole point is to be fast enough to catch it overhand. Repeat on the other side with the other scarf.

## "GOOD REP" CRITERIA

1

2

3



## EQUIPMENT

- You will need one scarf for this exercise

## PRECAUTIONS

In the case of pre-existing shoulder injury, throw underarm and bend at the elbow to gain force. In the case of poor balance, place a sturdy chair in front yourself.

# TAHDAHS

This exercise focuses on shoulder extension, stepping and exaggerated arm movement. There is also a balance and coordination component.

## HOW TO

Start with your legs hip width apart and a scarf in each hand. Starting with the right leg, take a small step forward with high knees, at the same time both arms move out to the side. Make sure that you get a good stretch across the front of the chest and the scarves float horizontally as you reach out. Both arms then come back into the middle as the leg steps back. Repeat with alternating legs. Ensure that both upper and lower limb movements are powerful going out and coming back in separate and distinct movements.

## “GOOD REP” CRITERIA

1

2

3



## EQUIPMENT

- You will need two scarves and two floor markers for this exercise.

## PRECAUTIONS

Modify exercise as appropriate if there is pre-existing injury.

If there are concerns about balance, place a sturdy chair close by and start with one side only, using the other hand for support.

# BOX STEP

This step focuses on your coordination, balance and timing. It is a great exercise for challenging the coordination of your hands, arms as you combine it with a stepping exercise.

## HOW TO

Place four dots in a square on the floor, roughly one foot apart to start with. Stand on the two dots at the back and practice stepping forwards and backwards leading with your right leg. You should essentially be stepping in a box formation; right, left, right, left. Keep the timing going so that you are stepping consistently around the box, especially backwards.

Once you can achieve consistent timing and step accuracy, add your upper limb task; as you step forward with the first leg, stretch your hands out and reach forward. As you step forward with your left leg, close your hands and bring them to your chest. As you step backwards again leading with your right leg, stretch your hands out and reach forward, as you step back with your left leg close your hands and bring them to your chest. Each time you step, you should be changing your hand and arm position. I suggest you start slowly. You can also practice your hands separately before

## “GOOD REP” CRITERIA

1

2

3



## EQUIPMENT

- You will need four agility dots or markers on the floor to do this exercise.

## PRECAUTIONS

This exercise involves a lot of concentration. Make sure that you are steady on your feet to start with.

# SKY REACH

The focus of this exercise is on trunk rotation and big shoulder and arm movements. This movement helps to improve the range of movement in your upper back, trunk as well as in your shoulders and hands. It will also help with powerful functional reaching.

## HOW TO

Take a seat and use one hand to support yourself by holding on to the chair. While seated, take a wide supportive stance with your legs. When you are ready, reach down and across your body with your free hand. If you can touch the floor on the outside of your foot, well done! Bring yourself back up into tall sitting and continue reaching your hand diagonally in the opposite direction and up to the sky. Look up at your outstretched hand. You should feel a powerful stretch across your chest, upper back and into your arm and hand. During this exercise think about being powerful and strong.

Once you have repeated this exercise on one side, then swap your supporting hand over and continue on the other side. See if there is any difference between the sides.

## “GOOD REP” CRITERIA

1

2

3



## EQUIPMENT

- You will need a sturdy chair for this exercise, preferably without arm rests.

## PRECAUTIONS

It is important if you have any problems with your lower back that you continue this exercise with caution. If you find it difficult to reach all the way to the floor, across your body, stop at your opposite knee. Progress down the shin as you feel more comfortable with the movement. Over rotation in the upright position is possible, after you have straightened up, and as a controlled movement.

# ....007

The focus of this exercise is to work on your trunk rotation. Many people with Parkinson's develop stiffness and loss of rotation through the trunk. This can affect your walking, turning and impact on your balance as well. There is an element of balance indicated in this exercise, especially when you are changing direction.

## HOW TO

Start with your feet wide apart, wider than your shoulder width. Clasp both hands together in a trigger grip, with your arms straight in front of you, about shoulder height. Move both hands around to one side, about 90 degrees from the front. You will need to swivel at the opposite foot. Hold that position for two seconds and then return to the front. Repeat this move to the other side; again, stop about 90 degrees to the side. If you wish to stretch into more rotation, you can do a controlled move here, and return to 90 degrees before you return to the centre again.

## "GOOD REP" CRITERIA

1

2

3



## EQUIPMENT

- You need a good '007' face and two floor markers for this exercise.

## PRECAUTIONS

It is important to keep your hands together and to swivel on the opposite leg to protect your back. If you are prone to back pain then I suggest starting with a smaller rotation; perhaps only moving to 45 degrees. It may also be easier for you to keep your eyes and head focused on your hands as you turn to maintain your balance. If that is too difficult, then focus on a point directly ahead of you as your body turns from side to side. Don't hesitate to have a chair, table or something stable nearby for balance.

# OVER THE RIVER

This exercise is excellent for helping you coordinate big strides with big powerful arm swings. It also helps with your 180 degree turns.

## HOW TO

Start by standing in front of the line. When you are ready, take a big step over the line. If you are leading with your left leg, swing your right arm forward with power and your left arm back well behind you. Keep your hands wide and open. When you are ready, turn around, 180 degrees to face the hurdle again. Your turn should be crisp and ideally achieved in four steps. When you are ready step over the line again, leading with your opposite leg. Make sure to swing your arms with power and full range and bring your knees up high as you step over the line.

Repeat this exercise

## “GOOD REP” CRITERIA

1

2

3



## EQUIPMENT

- You will need two floor markers for this exercise

## PRECAUTIONS

Do this exercise at your own pace. If the turns make you dizzy then slow down and take more time with your turns. If you have trouble with your knees or lower back, you make your step smaller as you step over the hurdle.

# BANDED SIDESTEP

This exercise focuses on posture, coordination and upper limb resistance and is really helpful to get the muscles in your back and arms working hard.

## HOW TO

Start with your legs about hip width apart in a power stance. Grab your resistance band at each end. When you are ready take a big step out to one side. At the same time, stretch your arms out fully so that the resistance band stretches across your chest and extended arms. Check that when you are fully extended your chest is out, your arms are straight and your hands are back behind your shoulders. Hold this position briefly and then bring both arms into the chest as you bring your feet back to hip width apart. If you have the space, you can repeat this sidestepping across the length of your room. At the end reverse direction and repeat the banded arms leading with the other leg. If you do not have the space, just take a large step out to the side and bring the leading leg back in towards the starting position.

## “GOOD REP” CRITERIA

1

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2

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3

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## EQUIPMENT

- You will need two floor markers and a resistance band for this exercise.

## PRECAUTIONS

If you have a shoulder injury, keep your arms low with hands well below shoulders. You should expect to feel the muscles in your shoulders and upper back working but it should not be painful. If the exercise is painful, please discuss this with your PD Warrior Instructor

# PENGUIN WADDLE

This exercise focuses on weight-shifting and is a powerful way to practice stepping. It is a really helpful tool to have up your sleeve if you have mild episodes of freezing during gait. You also get a great butt workout!

## HOW TO

Stand with your feet on two of the dots and practice shifting your weight from one dot fully to the other dot. If you are doing this correctly you will be moving from one leg, right over the other leg and then back again. As you get good at this, you should feel the muscles on the side of your hips doing a bit of work

Once you have got the hang of the weight shift, start weight shift stepping around the box in a clockwise fashion. Once you have done one box then stop and reverse and go in an anticlockwise direction. Each time you step you should be moving location and alternating between left and right leg.

## “GOOD REP” CRITERIA

1

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2

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3

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## EQUIPMENT

- You will need four agility dots or markers on the floor, spread out about a foot apart at each corner of a box shape.

## PRECAUTIONS

If you get dizzy from going in a single direction or from the movement itself then please pause after each box rotation. You might also want to place a chair at either end of the box as in the image.

# 10 Week Challenge

The 10 Week Challenge is our signature program and designed to help you get the best out of the PD Warrior program and get you in to peak physical and cognitive fitness. As well as weekly graded exercises, you'll receive education about Parkinson's, exercise, mindset and behaviour change that will support you in a lifelong journey to live well with Parkinson's.



Guided Exercise Program



Parkinson's Education



Group Coaching



Individual Assessment

You don't need to be a fitness fanatic to do the 10 Week Challenge. Like the thousands of people who have already done the 10 Week Challenge, you just need to be committed to finding approximately 20 to 60 minutes a day to do the scheduled exercises. This intensive program is ideal if you have recently been diagnosed with Parkinson's, or are in the early to mid stages and want to improve your symptoms with Parkinson's specific exercise.

If you don't have a PD Warrior facility near you that's no problem, you can complete the 10 Week Challenge 100% online.

## Reasons to do the challenge

- 
- Get into peak physical and mental condition
- 
- Follow a structured and graded exercise program
- 
- Learn how to move better using the principles of neuroplasticity to re-wire your brain
- 
- Build your confidence and get back to doing what you love
- 
- Workout where it suits you most - in person or online
-

# Introductory session checklist

PD Warrior is a very successful program when done right! Because most of the magic from the program happens when you are training at home and not working with your therapist, it is important to tick off the following items in your first few sessions. This will ensure you are able to be most effective when training independently. This checklist has been created to assist you in checking off all the essential items in the first three individual sessions. If you have not completed any of the following items, please ask your therapist for more information.

- ☐ You understand the significance of neuro-active exercise over general exercise and how this applies to your tailored exercise program
- ☐ You understand the 7 core principles of neuroplasticity and how to implement these
- ☐ You know what type of motor presentation best fits you and how this applies to your exercise prescription: Bradykinesic / Tremor Dominant / Agility Impaired
- ☐ You have a prescribed home exercise program, with appropriate modifications, of between 3-4 exercises to complete per day. This is to be done in addition to prescribed attendance in the clinic or online.
- ☐ You know how to use the RPE scale to rate your power and effort in your home exercise program
- ☐ You know what criteria make a “good” repetition and can demonstrate and judge this with your therapist before training independently. Consider up to 3 criteria per exercise (80% effort, strong stance, sustained balance etc)
- ☐ You have been linked to the online 10 week challenge support material if prescribed the 10 Week Challenge
- ☐ You have thought about the following logistics:

What equipment do I need to get?

What time of day am I going to do my home program?

What days am I going to do my home program?

Who am I going to ask to be my accountability buddy?

Where exactly am I going to do my home program?

How am I going to record my progress?

# EXERCISE DIARY

WEEK

1

Use the tables below to record your completed core exercises as prescribed for the week.

| Exercise               | Repetitions/sets | Days Completed |   |   |   |   |   |   |
|------------------------|------------------|----------------|---|---|---|---|---|---|
| 1. Sky Reach           |                  | M              | T | W | T | F | S | S |
| 2. Scarf Snatch        |                  | M              | T | W | T | F | S | S |
| 3. Overhead Ball Throw |                  | M              | T | W | T | F | S | S |
| 4. Banded Side Step    |                  | M              | T | W | T | F | S | S |
| 5. Over the River      |                  | M              | T | W | T | F | S | S |
| 6. Stop and Squat      |                  | M              | T | W | T | F | S | S |
| 7. Ta-Dahs             |                  | M              | T | W | T | F | S | S |
| 8. Penguin Waddle      |                  | M              | T | W | T | F | S | S |
| 9. Box Step            |                  | M              | T | W | T | F | S | S |
| 10. 007                |                  | M              | T | W | T | F | S | S |

| Functional or Extra Training Tasks | Repetitions/sets | Effort/RPE* |
|------------------------------------|------------------|-------------|
| 1.                                 |                  |             |
| 2.                                 |                  |             |
| 3.                                 |                  |             |

I feel...

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I achieved...

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I'm most proud of...

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# EXERCISE DIARY

WEEK

2

Use the tables below to record your completed core exercises as prescribed for the week.

| Exercise               | Repetitions/sets | Days Completed |   |   |   |   |   |   |
|------------------------|------------------|----------------|---|---|---|---|---|---|
| 1. Sky Reach           |                  | M              | T | W | T | F | S | S |
| 2. Scarf Snatch        |                  | M              | T | W | T | F | S | S |
| 3. Overhead Ball Throw |                  | M              | T | W | T | F | S | S |
| 4. Banded Side Step    |                  | M              | T | W | T | F | S | S |
| 5. Over the River      |                  | M              | T | W | T | F | S | S |
| 6. Stop and Squat      |                  | M              | T | W | T | F | S | S |
| 7. Ta-Dahs             |                  | M              | T | W | T | F | S | S |
| 8. Penguin Waddle      |                  | M              | T | W | T | F | S | S |
| 9. Box Step            |                  | M              | T | W | T | F | S | S |
| 10. 007                |                  | M              | T | W | T | F | S | S |

| Functional or Extra Training Tasks | Repetitions/sets | Effort/RPE* |
|------------------------------------|------------------|-------------|
| 1.                                 |                  |             |
| 2.                                 |                  |             |
| 3.                                 |                  |             |

My Buddy is...

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My Buddy helps me  
the most with...

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The best part of  
doing the PD Warrior  
exercises is...

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# EXERCISE DIARY

WEEK

3

Use the tables below to record your completed core exercises as prescribed for the week.

| Exercise               | Repetitions/sets | Days Completed |   |   |   |   |   |   |
|------------------------|------------------|----------------|---|---|---|---|---|---|
| 1. Sky Reach           |                  | M              | T | W | T | F | S | S |
| 2. Scarf Snatch        |                  | M              | T | W | T | F | S | S |
| 3. Overhead Ball Throw |                  | M              | T | W | T | F | S | S |
| 4. Banded Side Step    |                  | M              | T | W | T | F | S | S |
| 5. Over the River      |                  | M              | T | W | T | F | S | S |
| 6. Stop and Squat      |                  | M              | T | W | T | F | S | S |
| 7. Ta-Dahs             |                  | M              | T | W | T | F | S | S |
| 8. Penguin Waddle      |                  | M              | T | W | T | F | S | S |
| 9. Box Step            |                  | M              | T | W | T | F | S | S |
| 10. 007                |                  | M              | T | W | T | F | S | S |

| Functional or Extra Training Tasks | Repetitions/sets | Effort/RPE* |
|------------------------------------|------------------|-------------|
| 1.                                 |                  |             |
| 2.                                 |                  |             |
| 3.                                 |                  |             |

When I am working  
at 80% effort, I feel  
like:

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My main reason to  
exercise is:

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My favourite  
PD Warrior exercise  
is... (and why):

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# EXERCISE DIARY

WEEK

4

Use the tables below to record your completed core exercises as prescribed for the week.

| Exercise               | Repetitions/sets | Days Completed |   |   |   |   |   |   |
|------------------------|------------------|----------------|---|---|---|---|---|---|
| 1. Sky Reach           |                  | M              | T | W | T | F | S | S |
| 2. Scarf Snatch        |                  | M              | T | W | T | F | S | S |
| 3. Overhead Ball Throw |                  | M              | T | W | T | F | S | S |
| 4. Banded Side Step    |                  | M              | T | W | T | F | S | S |
| 5. Over the River      |                  | M              | T | W | T | F | S | S |
| 6. Stop and Squat      |                  | M              | T | W | T | F | S | S |
| 7. Ta-Dahs             |                  | M              | T | W | T | F | S | S |
| 8. Penguin Waddle      |                  | M              | T | W | T | F | S | S |
| 9. Box Step            |                  | M              | T | W | T | F | S | S |
| 10. 007                |                  | M              | T | W | T | F | S | S |

| Functional or Extra Training Tasks | Repetitions/sets | Effort/RPE* |
|------------------------------------|------------------|-------------|
| 1.                                 |                  |             |
| 2.                                 |                  |             |
| 3.                                 |                  |             |

**My first WOW moment:**

(e.g. doing up buttons, going for a bushwalk, brushing teeth with tremor-dominant hand).

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**The best part about PD Warrior so far:**

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**I am confident that PD Warrior will help me achieve:**

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# EXERCISE DIARY

WEEK

5

Use the tables below to record your completed core exercises as prescribed for the week.

| Exercise               | Repetitions/sets | Days Completed |   |   |   |   |   |   |
|------------------------|------------------|----------------|---|---|---|---|---|---|
| 1. Sky Reach           |                  | M              | T | W | T | F | S | S |
| 2. Scarf Snatch        |                  | M              | T | W | T | F | S | S |
| 3. Overhead Ball Throw |                  | M              | T | W | T | F | S | S |
| 4. Banded Side Step    |                  | M              | T | W | T | F | S | S |
| 5. Over the River      |                  | M              | T | W | T | F | S | S |
| 6. Stop and Squat      |                  | M              | T | W | T | F | S | S |
| 7. Ta-Dahs             |                  | M              | T | W | T | F | S | S |
| 8. Penguin Waddle      |                  | M              | T | W | T | F | S | S |
| 9. Box Step            |                  | M              | T | W | T | F | S | S |
| 10. 007                |                  | M              | T | W | T | F | S | S |

| Functional or Extra Training Tasks | Repetitions/sets | Effort/RPE* |
|------------------------------------|------------------|-------------|
| 1.                                 |                  |             |
| 2.                                 |                  |             |
| 3.                                 |                  |             |

I worked on Power & High Effort doing the following activities:

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This week I surprised myself by achieving:

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When I'm struggling to get motivated, I find that doing this helps me:

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# EXERCISE DIARY

WEEK

6

Use the tables below to record your completed core exercises as prescribed for the week.

| Exercise               | Repetitions/sets | Days Completed |   |   |   |   |   |   |
|------------------------|------------------|----------------|---|---|---|---|---|---|
| 1. Sky Reach           |                  | M              | T | W | T | F | S | S |
| 2. Scarf Snatch        |                  | M              | T | W | T | F | S | S |
| 3. Overhead Ball Throw |                  | M              | T | W | T | F | S | S |
| 4. Banded Side Step    |                  | M              | T | W | T | F | S | S |
| 5. Over the River      |                  | M              | T | W | T | F | S | S |
| 6. Stop and Squat      |                  | M              | T | W | T | F | S | S |
| 7. Ta-Dahs             |                  | M              | T | W | T | F | S | S |
| 8. Penguin Waddle      |                  | M              | T | W | T | F | S | S |
| 9. Box Step            |                  | M              | T | W | T | F | S | S |
| 10. 007                |                  | M              | T | W | T | F | S | S |

| Functional or Extra Training Tasks | Repetitions/sets | Effort/RPE* |
|------------------------------------|------------------|-------------|
| 1.                                 |                  |             |
| 2.                                 |                  |             |
| 3.                                 |                  |             |

I am feeling better about dealing with my Parkinson's because:

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I am doing 60 minutes of exercise on \_\_\_\_\_ days of the week.

My level of fatigue is:

- ☐ Same  
☐ Better  
☐ Worse

I have started doing these activities again:

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# EXERCISE DIARY

WEEK

7

Use the tables below to record your completed core exercises as prescribed for the week.

| Exercise               | Repetitions/sets | Days Completed |   |   |   |   |   |   |
|------------------------|------------------|----------------|---|---|---|---|---|---|
| 1. Sky Reach           |                  | M              | T | W | T | F | S | S |
| 2. Scarf Snatch        |                  | M              | T | W | T | F | S | S |
| 3. Overhead Ball Throw |                  | M              | T | W | T | F | S | S |
| 4. Banded Side Step    |                  | M              | T | W | T | F | S | S |
| 5. Over the River      |                  | M              | T | W | T | F | S | S |
| 6. Stop and Squat      |                  | M              | T | W | T | F | S | S |
| 7. Ta-Dahs             |                  | M              | T | W | T | F | S | S |
| 8. Penguin Waddle      |                  | M              | T | W | T | F | S | S |
| 9. Box Step            |                  | M              | T | W | T | F | S | S |
| 10. 007                |                  | M              | T | W | T | F | S | S |

| Functional or Extra Training Tasks | Repetitions/sets | Effort/RPE* |
|------------------------------------|------------------|-------------|
| 1.                                 |                  |             |
| 2.                                 |                  |             |
| 3.                                 |                  |             |

Why is life long exercise so important for managing Parkinson's?

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This is the goal I am most likely to achieve or have achieved already in the 10-week challenge:

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# EXERCISE DIARY

WEEK

8

Use the tables below to record your completed core exercises as prescribed for the week.

| Exercise               | Repetitions/sets | Days Completed |   |   |   |   |   |   |
|------------------------|------------------|----------------|---|---|---|---|---|---|
| 1. Sky Reach           |                  | M              | T | W | T | F | S | S |
| 2. Scarf Snatch        |                  | M              | T | W | T | F | S | S |
| 3. Overhead Ball Throw |                  | M              | T | W | T | F | S | S |
| 4. Banded Side Step    |                  | M              | T | W | T | F | S | S |
| 5. Over the River      |                  | M              | T | W | T | F | S | S |
| 6. Stop and Squat      |                  | M              | T | W | T | F | S | S |
| 7. Ta-Dahs             |                  | M              | T | W | T | F | S | S |
| 8. Penguin Waddle      |                  | M              | T | W | T | F | S | S |
| 9. Box Step            |                  | M              | T | W | T | F | S | S |
| 10. 007                |                  | M              | T | W | T | F | S | S |

| Functional or Extra Training Tasks | Repetitions/sets | Effort/RPE* |
|------------------------------------|------------------|-------------|
| 1.                                 |                  |             |
| 2.                                 |                  |             |
| 3.                                 |                  |             |

What is the most important lesson you have learnt so far during this program?

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Has your overall activity level improved and have you thought of ways to keep it up?

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Are you feeling motivated and in control of your Parkinson's? How can you maintain this or improve?

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# EXERCISE DIARY

WEEK

9

Use the tables below to record your completed core exercises as prescribed for the week.

| Exercise               | Repetitions/sets | Days Completed |   |   |   |   |   |   |
|------------------------|------------------|----------------|---|---|---|---|---|---|
| 1. Sky Reach           |                  | M              | T | W | T | F | S | S |
| 2. Scarf Snatch        |                  | M              | T | W | T | F | S | S |
| 3. Overhead Ball Throw |                  | M              | T | W | T | F | S | S |
| 4. Banded Side Step    |                  | M              | T | W | T | F | S | S |
| 5. Over the River      |                  | M              | T | W | T | F | S | S |
| 6. Stop and Squat      |                  | M              | T | W | T | F | S | S |
| 7. Ta-Dahs             |                  | M              | T | W | T | F | S | S |
| 8. Penguin Waddle      |                  | M              | T | W | T | F | S | S |
| 9. Box Step            |                  | M              | T | W | T | F | S | S |
| 10. 007                |                  | M              | T | W | T | F | S | S |

| Functional or Extra Training Tasks | Repetitions/sets | Effort/RPE* |
|------------------------------------|------------------|-------------|
| 1.                                 |                  |             |
| 2.                                 |                  |             |
| 3.                                 |                  |             |

I feel:

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I am most proud of:

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The activity or exercise that I most want to get back to / or I have started doing is:

I achieved:

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# EXERCISE DIARY

WEEK

10

Use the tables below to record your completed core exercises as prescribed for the week.

| Exercise               | Repetitions/sets | Days Completed |   |   |   |   |   |   |
|------------------------|------------------|----------------|---|---|---|---|---|---|
| 1. Sky Reach           |                  | M              | T | W | T | F | S | S |
| 2. Scarf Snatch        |                  | M              | T | W | T | F | S | S |
| 3. Overhead Ball Throw |                  | M              | T | W | T | F | S | S |
| 4. Banded Side Step    |                  | M              | T | W | T | F | S | S |
| 5. Over the River      |                  | M              | T | W | T | F | S | S |
| 6. Stop and Squat      |                  | M              | T | W | T | F | S | S |
| 7. Ta-Dahs             |                  | M              | T | W | T | F | S | S |
| 8. Penguin Waddle      |                  | M              | T | W | T | F | S | S |
| 9. Box Step            |                  | M              | T | W | T | F | S | S |
| 10. 007                |                  | M              | T | W | T | F | S | S |

| Functional or Extra Training Tasks | Repetitions/sets | Effort/RPE* |
|------------------------------------|------------------|-------------|
| 1.                                 |                  |             |
| 2.                                 |                  |             |
| 3.                                 |                  |             |

In the past 10 weeks,  
I have achieved the  
following goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

The best moments in  
the past 10 weeks have  
been:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

I plan to keep the gains  
I have made by doing  
the following:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

[illegible]



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