



**10
WEEK**

Challenge

CLINICIAN GUIDE

2025

Your complete
PD Warrior® Guide



The 10 Week Challenge is our PD Warrior signature rehabilitation program and provides the best opportunity for individuals to create long-term behaviour change and get into peak physical and mental condition.

It is an intensive, informative and rewarding exercise based program designed to improve Parkinson symptoms. The Challenge combines daily exercise modules with insightful and educational content to help individuals stay motivated, focused and to improve their clinical symptoms.

As a clinician, your role in the challenge is two-fold: to provide appropriate clinical guidance and tailoring of exercise during the circuit and in the home exercise program, as well as support, motivation and education through the challenge.

Program delivery

During the 10 Week Challenge we recommend that individuals complete the circuit class between 2-3 times per week and complete their home exercise program on the other days. Ideally individuals should attend at least one circuit class in your clinic a week. If you offer more, they are welcome to attend more as they wish. This is to ensure accountability, assess progress and make program adjustments. The balance they can do through the online support program. For this reason, we suggest that you follow the prescribed 10 Week Challenge program for the full 10 Weeks by using this guide.

On the days when they are not completing a circuit, we recommend that individuals work up to completing 3-4 exercises at home. This should take people at least 20 minutes to complete well. If you are unable to tailor the home program for any reason, suggest that they complete the exercises they find most difficult and modify for injuries, ability, quality and for safety.

In addition to the exercise program, the 10 Week Challenge also offers weekly education topics. During the 10 Week Challenge it is important to reinforce the education and learnings through discussion and conversation in the circuit. You may wish to watch the education videos for this reason. Prompts and questions are provided in the weekly guide below.

Getting started

Before starting the 10 Week Challenge, each individual needs a thorough assessment to identify any precautions and modifications to exercise, to gather some baseline outcome measures and have a few follow up sessions to consolidate the learnings. They should be familiar with the quality of movement required to exercise effectively and safely, what a 'good rep' should look like and have their home exercise program prescribed specifically for them before starting. If your patient is long-standing or has completed the 10 week challenge before, week 1 offers the ability to capture some baseline outcome measures in the circuit session.

To sign your patients up to the online 10 Week Challenge support program, use the following link. This will provide them with free access to the exercise and education platform for 12 weeks to support their program in the clinic. We recommend that you sign yourself up as well and review the materials at the same time if you are not familiar with the content.

10 WEEK CHALLENGE

WEEK

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Exercises	Webinar focus	Key Questions
• Sky Reach • Box Step • Penguin Waddle • Tahdahs • Over the River • Scarf Snatch • Stop and Squat • 007 • Overhead Ball Throw • Outcome Measures X2 • Team Building Game	Pathophysiology of Parkinson's What is your understanding of what is happening with PD? Destruction of dopamine producing cells in the basal ganglia. Less dopamine movements become smaller and slower with less control, and can lead to tremor. Can lead to issues with balance, postural control, episodes of freezing and harder to learn new skills.	• My type of Parkinson's is: • My challenge task is: • What is the expectation for weekly Neuroactive exercise during the 10WC

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Exercises	Webinar focus	Key Questions
• Sky Reach • Box Step • Penguin Waddle • Tahdahs • Over the River • Scarf Snatch • Stop and Squat • 007 • Overhead Ball Throw • Sumo Smack • Coconut Crack • Team building game • Check in re patient workbook completion	Neuroplasticity in Parkinson's What is your understanding of neuroplasticity? Neuro = brain and nervous system, Plasticity = ability to change. Can change in both a positive and a negative way, depending on stimulus. How long does it take for two neurons to form a new connection? 15 mins. But you need to provide the same stimulus everyday otherwise the connection won't remain so we need to strengthen and reinforce it.	• What is your understanding of neuroplasticity? • How long does it take for two neurons to form a new connection? • What is the difference between neuro-active exercise and neuro-passive exercise?

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Exercises	Webinar focus	Key Questions
• Curtsy Flick • Frogger Flick • Sky Reach • Box Step • Penguin Waddle • Tahdahs • Over the River • Scarf Snatch • Stop and Squat • 007 • Overhead Ball Throw • Sumo Smack • Coconut Crack • Team building game	Specificity Type of PD (one or more) & focus of exercises: • Bradykinesia = amplitude, scale, symmetry • Tremor = forced use, high effort (80%), motor output • Agility impaired = dynamic balance, complexity, falls prevention • Post DBS = accuracy & scaling down, endpoints Functional limitations • Getting up off the floor, out of a car, writing, using cutlery, rolling in bed etc. Goals • Improve my arm swing, walking endurance, ability to play golf etc.	• What are some driving forces that determine which exercises I chose and which components I should focus on in said exercises? ◦ Type of PD ◦ Functional limitations ◦ Goals • Explain the concept of the “good rep” for each exercise

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Exercises	Webinar focus	Key Questions
• Showbiz • Sky Reach • Box Step • Penguin Waddle • Tahdahs • Over the River • Scarf Snatch • Stop and Squat • 007 • Overhead Ball Throw • Sumo Smack • Coconut Crack • Curtsy Flick • Frogger Flick	High Effort How does high effort prime the brain to learn? "If you needed to learn something new, are you in a better state to learn when sitting on the couch in the dark or after doing 20 big star jumps with blood pumping, oxygen and neurotransmitters flowing around your body?" Exercise is neuroprotective – it drives neurotransmitters that protect remaining dopamine producing cells. "The PD brain scales down the body's movement. Training at high effort recalibrates the body-brain connection and teaches the body to move with amplitude and purpose again."	• What is VIPP used for? A tool used to increase effort in ANY exercise • What does VIPP stand for and how can it be applied in this exercise? Voice (or breath) Imagery Pause (active pause) Power stance

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Exercises	Webinar focus	Key Questions
• Crab Snap • Plank Breaker • Crazy • Sky Reach • Banded Sidestep • Penguin Waddle • Tahdahs • Over the River • Scarf Snatch • Stop and Squat • 007 • Sumo Smack • Coconut Crack • Curtsy Flick • Frogger Flick • Showbiz	Power Amplitude • Thing BIG – really reach your hand in the air, get that extra 10%. Big walking NOT fast walking. No focus on speed. Control • We don't want injuries (slight bend in elbows rather than hanging into joints) Endpoints • Move from one position to another – crisp and defined. ACTIVE PAUSE Refer back to VIPP (especially for imagery)	• This week I worked on Power and High Effort when doing the following daily activities • When I am struggling to get motivated, I find this helps me: • Refresh on VIPP

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Exercises	Webinar focus	Key Questions
• Heisman • Hello • Crazy • Stop and Squat • Penguin Waddle • Sky Reach • Curtsy Flick • Scarf Snatch • Sumo Smack • Over The River • 007 • Frogger Flick • Plank Breaker • Coconut Crack • Showbiz • Crab Snap • Stop and Squat	Complexity With any neuro condition, motor tasks become less automatic, such as walking. Without realising it, you are thinking about your walking. When we give you something else to focus on like counting or spelling, your walking slows down. This can improve with practice. It is NOT about mastering the exercises – we need to transition that into the real world so always ushing the challenge and continuing to move the goal posts. Challenge = Change!	• What are ways we can make exercise more challenging? ◦ Motor dual tasking ◦ Cognitive dual tasking ◦ Changing the choreography slightly ◦ Add a balance component • I have started doing the following activities again:

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Exercises	Webinar focus	Key Questions
• Fly Catcher • Boxing Combos • Hello • Heisman • Sky Reach • Showbiz • Plank Breaker • 007 • Stop and Squat • Crazy • Sumo Smack • Frogger Flick • Scarf Snatch • Coconut Crack • Curtsy Flick • Crab Snap	Frequency “Due to the problem with the basal ganglia, it’s harder for you to learn new skills and retain new information. For that reason, I need to tell you the same thing over and over again close together to increase carryover between sessions and help you learn new skills. It takes 15 mins for two neurons to make a connection. To strengthen and maintain this, you need to use it again and again. So the rule of thumb is at least 20 minutes of neuroactive exercise each day. You are going to learn to implement these principles into your day to day life.	• The 4 pillars of PD Warrior are: ◦ Neuroactive exercise ◦ Community ◦ Behaviour change ◦ Empower through education • What are the 7 core principles of PDW and why are they important?

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Exercises	Webinar focus	Key Questions
• Globetrotter • Snatch and Grab • Hello • Frogger Flick • Boxing Combos • Showbiz • Heisman • Crazy • 007 • Coconut Crack • Fly Catcher • Sumo Smack • Plank Breaker • Sky Reach • Curtsy Flick • Crab Snap	Salience What is your WHY? If you slow the progression of your PD, what is that going to allow you to do? “At the moment, there is no cure for Parkinsons’ and I’m sitting here telling you to work at 80% effort every day for the rest of your life. If you don’t have a really good reason why you would get out of bed and work hard every day, you’re not going to do it.” DUMB goals = dream driven, uplifting, magnificent/motivating brave	• What is your WHY • Have you started to think about ways to keep your activity after the 10WC levels: • What every day activities have you started integrating PDW principles into regularly?

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Exercises	Webinar focus	Key Questions
• Floor Kneel • Shovel • Plank Breaker • Boxing Combos • Sumo Smack • Crab Snap • Crazy • Snatch & Grab • Frogger Flick • Fly Catcher • Coconut Crack • Heisman • Globetrotter • Hello • Curtsy Flick • Showbiz	Fun • Increased fun = increased engagement = increased neuroactivity = Increased neuroplasticity. • Increased fun = increased motivation = increased frequency = Increased neuroplasticity • Long term behaviour change and exercise habits.	• My challenge task is same/better/worse. • Why is FUN an important concept in Neuroplasticity and PDW? (see left)

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Exercises	Webinar focus	Key Questions
• Step Class • Offering to the Gods • Frogger Flick • Boxing Combos • Floor Kneel • Fly Catcher • Heisman • Snatch & Grab • Hello • Showbiz • Crazy • Coconut Crack • Globetrotter • Plank Breaker • Shovel • Crab Snap	Long Term Adherence What other exercise modalities and groups should you now be considering factoring in: ◦ -Strength training >2/week ◦ -Cardiovascular training 3-5/week ◦ -Balance training >2/week Signpost to NeuroGym, NeuroBalance and EP 1:1s for the above goals.	• I have achieved the following goals: • What has been the best moment in the past 10 weeks for you: • What are some other options to continue daily NeuroActive exercise Tennis, boxing, pickleball, dancing, swimming drills, golf, HIIT etc.

Box Step	https://vimeo.com/316321652/4466b06d9e
Stop and Squat	https://vimeo.com/316321766/1f588b6336
Penguin Waddle	https://vimeo.com/316321710/c9989c6131
Scarf Snatch	https://vimeo.com/316321736/246067575b
007	https://vimeo.com/316321612/911f924fa7
Tah Dah	https://vimeo.com/316321777/584174202d
Over the River	https://vimeo.com/316321667/93bc368b5d
Banded Side Step	https://vimeo.com/316321636/d5220a830f
Overhead Ball Throw	https://vimeo.com/316321688/4806759f88
Sky Reach	https://vimeo.com/316321748/84734a4efc
Curtsey Flick	https://vimeo.com/337448592/8c57eb0c88
Fly Catcher	https://vimeo.com/337448684/b914e8854f
Sumo Smack	https://vimeo.com/337449938/b9ca3679e0
Coconut Crack	https://vimeo.com/337450720/d7e083fddd
Frogger Flick	https://vimeo.com/337448638/6d9e7593da
Showbiz	https://vimeo.com/337449894/889d436d0b
Crab Snap	https://vimeo.com/337449996/fa21eb0d6d
Crazy	https://vimeo.com/337450081/829c5e0faa
Heisman	https://vimeo.com/337450037/4b9e936254
Plank Breaker	https://vimeo.com/337448790/ae3a7f3698
Coconut Crack	https://vimeo.com/337450720/d7e083fddd?share=copy
Offering to the Gods	https://vimeo.com/337449011/63f4aed985?share=copy
Step Class	https://vimeo.com/337448976/f0195d4644?share=copy
Shovel	https://vimeo.com/337448932/67a4944dae?share=copy
Floor Kneel	https://vimeo.com/337448902/cc4fbf2e06?share=copy
Snatch and Grab	https://vimeo.com/337448859/cc70938251?share=copy
Globetrotter	https://vimeo.com/337448817/09d6ed0111?share=copy
Hello	https://vimeo.com/337448754/689dad02fd?share=copy
Boxing Combo	https://vimeo.com/337448720/4c1cc94026?share=copy