EXERCISE WHEEL

WALK
BEGIN THIS EXERCISE ONLY WHEN YOU HAVE IMPROVED YOUR MUSCLE STRENGTH.
5-10 SECONDS 5 SETS.
INCREASE THE TIME UNTIL YOU CAN WALK 1-2 MINUTES WITHOUT STOPPING.

REST
REMEMBER TO REST BETWEEN SETS.

BREATHE CORRECTLY
BREATHE NORMALLY, DO NOT HOLD YOUR BREATH DURING THE EXERCISES.

EXERCISES
IF THERE IS ANY DOUBT ABOUT HOW TO CARRY OUT THE EXERCISES, PLEASE CONSULT THE PASSPORT.

STRETCH YOUR ARMS
3 Repetitions
3 Sets
Maintain 10 s

WALK
See legend

SQUEEZE A BALL
12 Repetitions
3 Sets

LIFT A BOTTLE
12 Repetitions
3 Sets

WALK WITH YOUR FEET IN LINE
15 Paces
3 Sets

GET UP FROM A CHAIR WITH HELP
12 Repetitions
3 Sets

EXTEND YOUR LEGS USING A BALLESTEDED ANKLE BRACE
12 Repetitions
3 Sets

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**EXERCISE WHEEL**

**WALK**
2 MINUTES 5 SETS.
WALK AT A PACE THAT ALLOWS YOU TO KEEP A CONVERSATION CONTINUOUSLY, BUT THAT COSTS YOU A LITTLE EFFORT.
FROM WEEK 7, WALK 3 SETS OF 8 MINUTES.

**REST**
REMEMBER TO REST BETWEEN SETS.

**BREATHE CORRECTLY**
BREATHE NORMALLY, DO NOT HOLD YOUR BREATH DURING THE EXERCISES.

**EXERCISES**
IF THERE IS ANY DOUBT ABOUT HOW TO CARRY OUT THE EXERCISES, PLEASE CONSULT THE PASSPORT.

STRETCH YOUR ARMS
3 Repetitions
3 Sets
Maintain 10 s

LIFT A BOTTLE
12 Repetitions
3 Sets

SQUEEZE A BALL
12 Repetitions
3 Sets

PRETEND TO SIT
12 Repetitions
3 Sets

WALK ON YOUR TIP TOES AND YOUR HEELS
14 Paces
3 Sets

STRETCH YOUR ARMS
3 Repetitions
3 Sets
Maintain 10 s

WALK
See legend

BREATHE CORRECTLY
BREATHE NORMALLY, DO NOT HOLD YOUR BREATH DURING THE EXERCISES.

EXERCISES
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Multicomponent physical exercise program to prevent frailty and the risk of falls. © Mikel Izquierdo
Programa multicomponente de ejercicio físico para la prevención de la fragilidad y el riesgo de caídas. © Mikel Izquierdo

**EXERCISE WHEEL**

**WALK**
110 MINUTES 3 SETS.
WALK AT A PACE THAT ALLOWS YOU TO KEEP A CONVERSATION CONTINUOUSLY, BUT THAT COSTS YOU A LITTLE EFFORT.
FROM WEEK 7, WALK 3 SETS OF 15 MINUTES.

**REST**
REMEMBER TO REST FOR 2 MINUTES BETWEEN SETS.

**BREATHE CORRECTLY**
BREATHE NORMALLY, DO NOT HOLD YOUR BREATH DURING THE EXERCISES.

**EXERCISES**
IF THERE IS ANY DOUBT ABOUT HOW TO CARRY OUT THE EXERCISES, PLEASE CONSULT THE PASSPORT.

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**EXERCISE WHEEL**

**WALK**
- 20 MINUTES 2 SETS.
- WALK AT A PACE THAT ALLOWS YOU TO KEEP A CONVERSATION CONTINUOUSLY, BUT THAT COSTS YOU A LITTLE EFFORT.
- FROM WEEK 7, WALK CONTINUOUSLY BETWEEN 30 & 45 MINUTES.

**REST**
- REMEMBER TO REST FOR 2 MINUTES BETWEEN SETS.

**BREATHE CORRECTLY**
- BREATHE NORMALLY, DO NOT HOLD YOUR BREATH DURING THE EXERCISES.

**EXERCISES**
- IF THERE IS ANY DOUBT ABOUT HOW TO CARRY OUT THE EXERCISES, PLEASE CONSULT THE PASSPORT.

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