

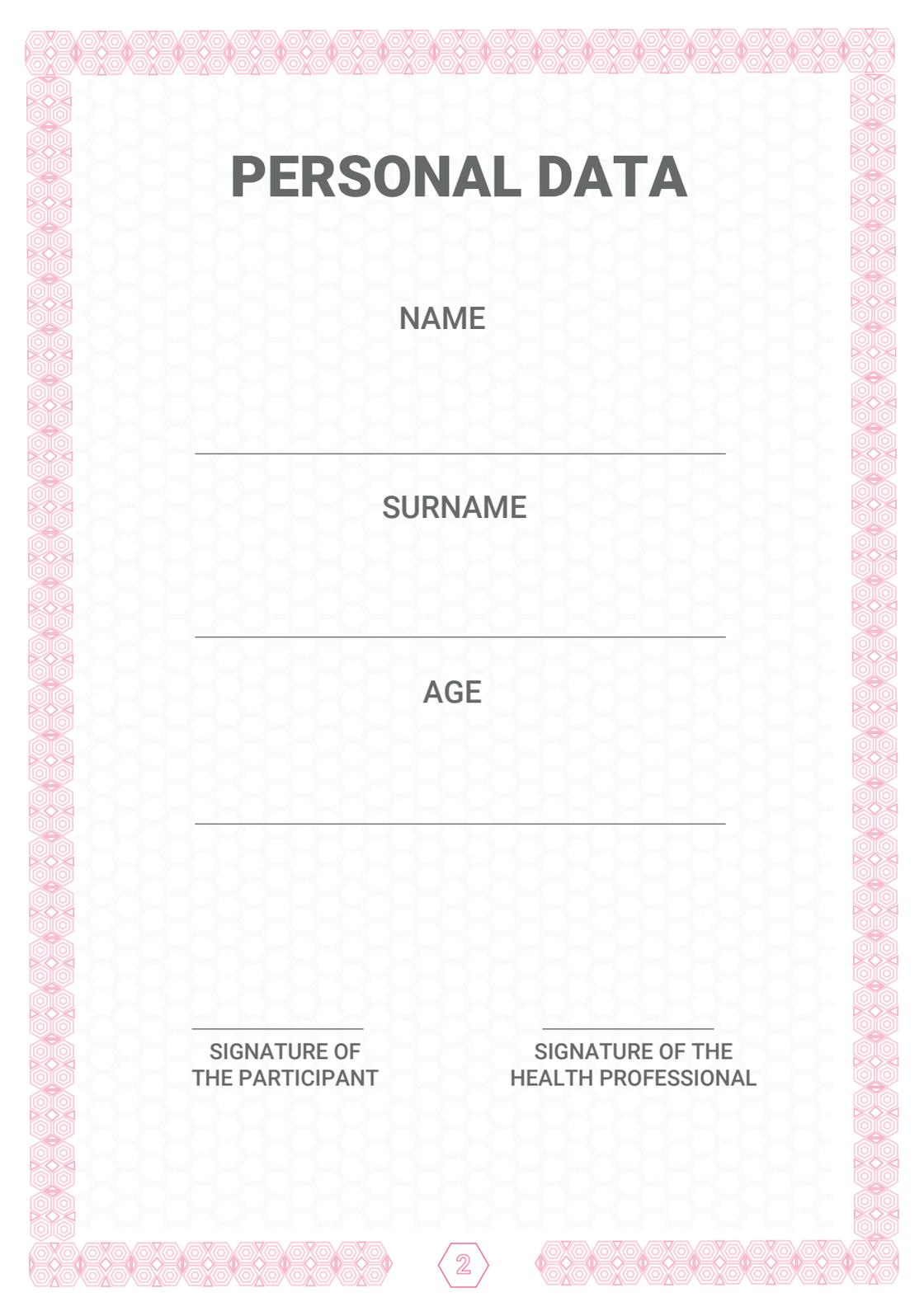


PHYSICAL EXERCISE
PASSPORT

E
FIT

viviFrail 

Multicomponent physical exercise program to prevent frailty
and the risk of falls.
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A decorative border with a repeating pink geometric pattern of hexagons and diamonds surrounds the page. The background has a light gray repeating pattern of the same geometric shapes.

PERSONAL DATA

NAME

SURNAME

AGE

SIGNATURE OF
THE PARTICIPANT

SIGNATURE OF THE
HEALTH PROFESSIONAL

PHYSICAL EXERCISE PROGRAM TYPE E-FIT

The physical exercise program lasts 12 weeks and runs from Monday to Friday. In total you will perform 60 sessions of physical exercise

You must fully complete the wheel for 3 non-consecutive days and in the other days you only have to walk.

Accomplishing this program will allow you to improve:

- Strength
- Balance
- Flexibility
- Cardiovascular

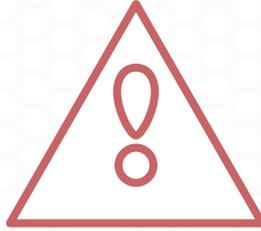
Keep in mind the following recommendations:

- Use an appropriate space that is well lit and has no obstacles that may get in the way.
- Make sure to wear comfortable clothes and sports shoes or similar.

You will need the following material:

- A barbell with weights up to 30 kg.
- A balloon.

ATTENTION



CONSULT WITH YOUR DOCTOR

Talk with your doctor if you are unsure whether you should do any of the exercises.

STOP IMMEDIATELY

If during an exercise you feel any type of pain, or have difficulty breathing, dizziness or palpitations, etc.

LET'S DETERMINE THE WEIGHT FOR THE STRENGTH EXERCISES

Follow the instructions below to determine the appropriate weight to place on your barbell for the following exercises:

1) Biceps curl, 2) row, 3) squats and 4) lunges*.

* Additionally, the deadlift and shoulder-press exercises could be performed following the same instructions as for the other strength exercises.

Weeks 1 to 6 of the program

The goal is to load the barbell with a weight with which you can perform a maximum of 20 repetitions.

For this:

1. Pick up the barbell without weights and perform 20 repetitions.
2. If you have been able to complete 20 repetitions, but you consider that you can't do more or very few more repetitions, then this is your training weight.
3. If at the end you feel you can perform many more repetitions, add weight to the barbell until you find a weight with which you can perform approximately 20 repetitions maximum.

LET'S DETERMINE THE WEIGHT FOR THE STRENGTH EXERCISES

Weeks 7 to 12 of the program

The goal is to load the barbell with a weight at which you can perform a maximum of 15 repetitions.

For This:

1. Pick up the barbell without weights and perform 15 repetitions.
2. If you have been able to complete 15 repetitions, but you consider that you can't do more or very few more repetitions, then this is your training weight.
3. If at the end you feel you can perform many more repetitions, add weight to the barbell until you find a weight with which you can perform approximately 15 repetitions maximum.

BEFORE STARTING

A scale of perceived effort will be used to monitor the intensity of muscular strength training.

The objective of the program will always be to train with weights that require a "somewhat hard" effort on the scale.

The scale ranges from a perception of "extremely light" to a "maximum" effort.

As a reference, a figure is provided on the following page to help you monitor your perception of effort.

PERCEIVED EFFORT SCALE FOR THE FIRST 6 WEEKS

Remember that the exercise must involve a "somewhat hard" effort.

To do this, at the end of the last set of each exercise, you should have the feeling of being able to perform 8 to 10 more repetitions.

In the event that you can perform many more than 10 repetitions, the intensity has been light or very light and you will have to increase the weight.

Conversely, if at the end of the last set of the exercise you can only perform less than 8 repetitions, the intensity has been very hard or maximum and you will have to reduce the weight.

Number of repetitions you could perform at the end of the last set	Assessment effort
Greater than 15 more repetitions	Extremely light
Could do 12-15 more repetitions	Very light
Could do 10-12 more repetitions	Light
Could do 8-10 more repetitions	Somewhat hard ✓
Could do 6-8 more repetitions	Hard
Could do 2-4 more repetitions	Very hard
Could do 1 more repetition	Extremely hard
Unable to do another repetition	Maximum

PERCEIVED EFFORT SCALE FROM WEEK 7

Remember that the exercise must involve a "somewhat hard" effort.

To do this, at the end of the last set of each exercise, you should have the feeling of being able to perform 6 to 8 more repetitions.

In the event that you can perform many more than 8 repetitions, the intensity has been light or very light and you will have to increase the weight.

Conversely, if at the end of the last set of the exercise you can only perform less than 6 repetitions, the intensity has been very hard or maximum and you will have to reduce the weight.

Number of repetitions you could perform at the end of the last set	Assessment effort
Greater than 12 more repetitions	Extremely light
Could do 10-12 more repetitions	Very light
Could do 8-10 more repetitions	Light
Could do 6-8 more repetitions	Somewhat hard 
Could do 4-6 more repetitions	Hard
Could do 2-3 more repetitions	Very hard
Could do one more repetition	Extremely hard
Unable to do another repetition	Maximum

EXERCISES



PHYSICAL EXERCISE
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WALKING OR JOGGING

Walk facing forward and not looking at the ground. First support your heel and then your toes. Keep your shoulders relaxed and your arms swinging slightly.

The feeling of effort that you have to look for with the walking or jogging exercise has to be "somewhat hard". This means that the pace of walking should make it difficult for you to carry out a conversation smoothly.

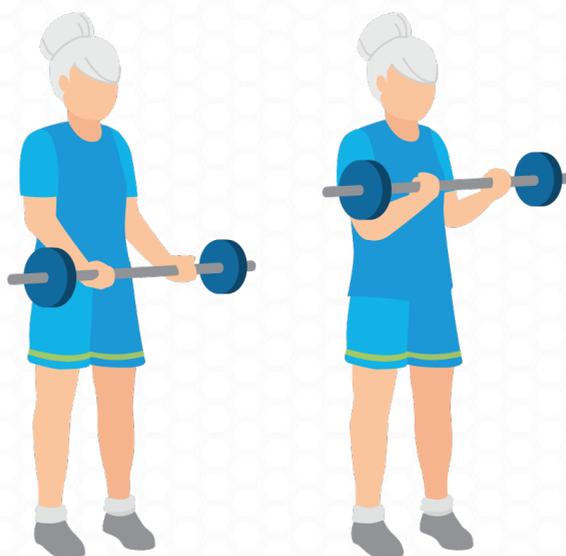
Weeks 1 to 6 of the program

Walk 3 sets of 15 minutes and rest 1 minute between sets. For the last 5 minutes of each set, slightly increase your walking pace so that you have difficulty maintaining a conversation during those 5 minutes.

Weeks 7 to 12 of the program

Walk continuously for 60 minutes. Every 10 minutes, slightly increase your walking pace for the last 3 minutes so that you have difficulty maintaining a conversation during those 3 minutes.

*In the event that it is easy for you to walk, you should start jogging.



BARBELL CURL

Stand with your back straight, knees slightly bent and feet shoulder-width apart.

Grasp the barbell with your hands so that your palms are facing upwards.

Keeping your elbows close to your side, bend your elbows towards your chest, bringing the barbell towards your shoulders.

Return to the starting position by straightening your elbows.

Weeks 1 to 6 of the program

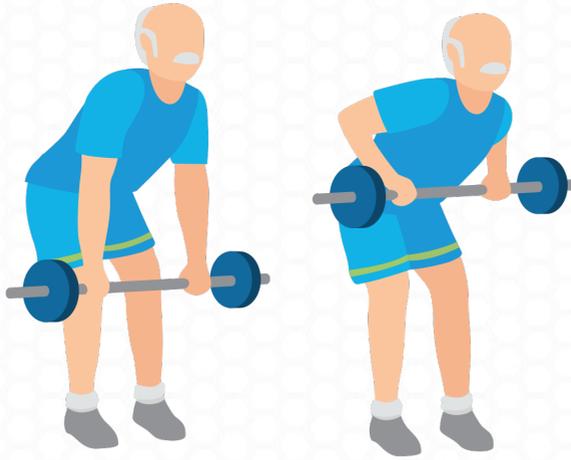
Perform 3 sets of 10 repetitions and rest 1 minute between sets.

- The weight established for the exercise is one that would allow you to perform about 20 repetitions.
- Remember that the exercise has to involve a "somewhat hard" effort.
- If you find this exercise easy to complete, follow the instructions on page 8.

Weeks 7 to 12 of the program

Perform 3 sets of 8 repetitions and rest 1 minute between sets.

- The weight established for the exercise is one that would allow you to perform about 15 repetitions.
- Remember that the exercise has to involve a "somewhat hard" effort.
- If you find this exercise easy to complete, follow the instructions on page 9.



BARBELL ROW

Grasp the barbell with your palms facing downwards.

Stand with your knees slightly bent and your body leaning slightly forward.

With your back and your arms straight, raise the barbell until it touches your chest and return to the starting position.

Weeks 1 to 6 of the program

Perform 3 sets of 10 repetitions and rest 1 minute between sets.

- The weight established for the exercise is one that would allow you to perform about 20 repetitions.
- Remember that the exercise has to involve a "somewhat hard" effort.
- If you find this exercise easy to complete, follow the instructions on page 8.

Weeks 7 to 12 of the program

Perform 3 sets of 8 repetitions and rest 1 minute between sets.

- The weight established for the exercise is one that would allow you to perform about 15 repetitions.
- Remember that the exercise has to involve a "somewhat hard" effort.
- If you find this exercise easy to complete, follow the instructions on page 9.



BARBELL LUNGE

Stand upright, with the bar resting on your shoulders behind your head*, and your legs slightly apart at shoulder width. From this position, stride forward with one leg, keeping your back as straight as possible.

The forward leg should be bent until the thigh is parallel to the ground. The leg that does not move is lowered without allowing the knee to touch the ground.**

Once you've done this movement, return to the starting position.

This exercise is performed alternating both legs.

Weeks 1 to 6 of the program

Perform 3 sets of 10 repetitions and rest 1 minute between sets

- The weight established for the exercise is one that would allow you to perform about 20 repetitions.
- Remember that the exercise has to involve a "somewhat hard" effort.
- If you find this exercise easy to complete, follow the instructions on page 8.
- If you find this exercise too difficult, it can be performed without using the barbell.

Weeks 7 to 12 of the program

Perform 3 sets of 8 repetitions and rest 1 minute between sets.

- The weight established for the exercise is one that would allow you to perform about 15 repetitions.
- Remember that the exercise has to involve a "somewhat hard" effort.
- If you find this exercise easy to complete, follow the instructions on page 9.

* In the event that you have difficulty placing the barbell on your back, ask for help.

** The forward knee should not exceed the tip of the toe.



BARBELL SQUAT

Stand upright, with the barbell resting on your shoulders behind your head*, and with your legs slightly apart at shoulder width.

From this position, with your back straight, bend your knees until your thighs are parallel to the floor.

When you reach this position, straighten your legs and return to the starting position.

Weeks 1 to 6 of the program

Perform 3 sets of 10 repetitions and rest 1 minute between sets.

- The weight established for the exercise is one that would allow you to perform about 20 repetitions.
- Remember that the exercise has to involve a "somewhat hard" effort.
- If you find this exercise easy to complete, follow the instructions on page 8.

Weeks 7 to 12 of the program

Perform 3 sets of 8 repetitions and rest 1 minute between sets.

- The weight established for the exercise is one that would allow you to perform about 15 repetitions.
- Remember that the exercise has to involve a "somewhat hard" effort.
- If you find this exercise easy to complete, follow the instructions on page 9.

* In the event that you have difficulty placing the barbell on your back, ask for help.



GOING UP AND DOWN STAIRS

Go up and down stairs by using the handrail to begin with. If you feel confident you can let go of the railing or even take the stairs two steps at a time.

Weeks 1 to 6 of the program

Perform 3 sets of 20 stairs. Rest 1 minute between sets.

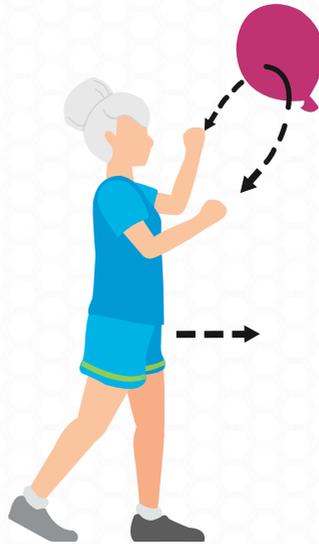
Weeks 7 to 12 of the program

Perform 5 sets of 20 stairs. Rest 1 minute between sets.

Remember:

- The pace must make it difficult for you to maintain a conversation.
- The exercise has to involve a "somewhat hard" effort.

* If you find it easy to complete 20 stairs per set, you can increase this to 30 stairs.



WALKING WHILE TOUCHING A BALLOON

Walk in a straight line while touching a balloon and passing it from one hand to the other.

Perform 3 sets of 10 steps and rest 30 seconds between sets.



BALANCING ON ONE LEG

Hold the position for a count of 10 for each leg.

Perform 5 repetitions with each leg.

In the event that you want to increase the difficulty of the exercise:

- Change the position of your arms; for example, crossing your arms over your chest or placing them in the shape of a cross.
- Perform the exercises on different surfaces, for example on a rug.
- Close your eyes, but only if someone is there to help you.



ARM STRETCHING IN A CHAIR

Sit in a chair away from its back and with your arms hanging on both sides of your body. Then, move your arms back trying to grab onto the back of the chair (as in the picture).

From that position, move your chest forward until you feel some tension in your arm muscles. Hold this position for 10 seconds.

Then relax the stretch for 5 seconds without removing your hands from the backrest.

Perform 3 sets of 3 repetitions and rest for 30 seconds between sets.



LEG STRECHTING IN A CHAIR

Sit in a chair.

Stretch one of your legs resting your heel on the ground.

Place both your hands on the knee opposite the stretched leg.

Pull the foot resting on the ground slightly upwards and move your trunk forward. You should feel some tension in the rear of your back and in the back of your thigh.

Hold this position for 10–12 seconds. Rest for 5 seconds.

Perform 3 sets of 6 repetitions alternating between both legs and rest 30 seconds between sets.

ACTIVITY DIARY

To complete the activity diary, mark the completed sessions with an X. There are two types of sessions, the WHEEL sessions and the WALK or JOGGING sessions.

At the end of the weekly sessions, you have an evaluation of effort that will allow you to indicate how you felt during the exercises. The evaluation system is based on three states that are detailed below:

-  The exercise has been "very light"
-  The exercise has been "somewhat hard"
-  The exercise has been "very hard"

ACTIVITY DIARY

WEEK 1



WEEK 2



WEEK 3



WEEK 4



Share your success in RRSS
or with family members #VIVIFRAIL

ACTIVITY DIARY

WEEK 5

WHEEL

Session 1

WALK

Session 2

WHEEL

Session 3

WALK

Session 4

WHEEL

Session 5

WEEK 6

WHEEL

Session 1

WALK

Session 2

WHEEL

Session 3

WALK

Session 4

WHEEL

Session 5

WEEK 7

TEST

Session 1

WALK

Session 2

WHEEL

Session 3

WALK

Session 4

WHEEL

Session 5

WEEK 8

WHEEL

Session 1

WALK

Session 2

WHEEL

Session 3

WALK

Session 4

WHEEL

Session 5



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ACTIVITY DIARY

WEEK 9



WEEK 10



WEEK 11



WEEK 12



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PERCEIVED EFFORT

How have you felt each week during the activities?

WEEK 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WEEK 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WEEK 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WEEK 4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WEEK 5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WEEK 6	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WEEK 7	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WEEK 8	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WEEK 9	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WEEK 10	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WEEK 11	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
WEEK 12	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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RECOMMENDATIONS FOR A HEALTHY LIFE

Practice exercise

Your goal should be to practice physical exercise at least 5 days a week and 30 minutes a day. If you can do it with a friend, more the better.

The regular practice of physical exercise will make you feel active and lively. In addition, you will notice an improvement in your functional capacity and a clearer and more active mind.

Diet

To improve the strength of your muscles and bones, remember to eat foods rich in protein (meat, fish, milk and eggs).

Psychological well-being

In addition to being physically active, we recommend that you cultivate your social relationships and perform activities that improve your memory such as reading the newspaper, playing cards or chess or doing crossword puzzles.

VERIFICATION OF COMPLETED PROGRAM



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If you wish, more information and new tools can be found at:

<https://vivifrail.com/resources>



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