
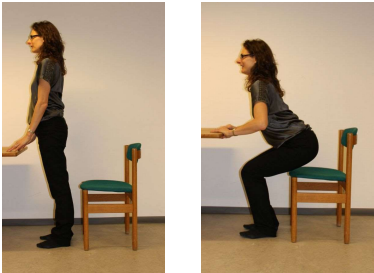
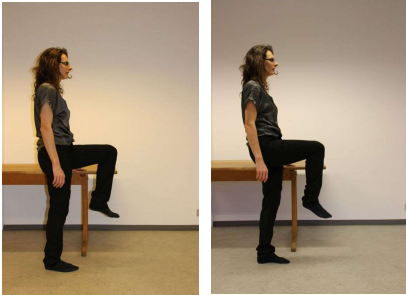



Training booklet with pelvic raise

WEEK no. _____. Do _____ repetitions of each exercise and _____ sets total.
Tick the chart below when you do the exercises, to document your training.

Photos of the exercise	Description	mon	tue	wed	thu	fri	sat	sun
	Chair raises							
	Knee bends							
	Standing walk							
	Pelvic raise							
	Outdoor walk for 15 minutes or as long as possible							

Training booklet with pelvic raise

WEEK no. _____.

Note below, other forms of training/activity you may also performs during the week.

Other training/activity can be e.g. exercise bike (or sofa bike), the gym, a supplementary training program at the gym or in your home, swimming, extra walks (in addition to those carried out in connection with the training program), etc.

[illegible]