

# High-intensity training with the SilverFit 3D

*Discover here how the exercises on the SilverFit 3D can be offered at high intensity. This is a non-exhaustive list, and there are of course many more options to make the exercises more challenging for the fittest patients.*

## General tip

Use an accessory to do the exercises, for instance weights, a (heavy) resistance band, a medicine ball, or a BOSU ball in the balance games.

## A few ideas and exercises' settings

### • The fox, standing up

- Place pawns on the left and right sides of the playing area and instruct your patient to tap them as they move from left to right
- Tie a resistance band around the patient's thighs and ask the patient to perform the exercise with bent knees.
- Ask your patient to jump to catch the chicken.

### • The mole

- The speed of the game adapts to the speed of the player. The faster a mole is caught, the faster the next mole will appear. Meaning that the exercise intensifies when the patient performs the game quickly.
- Let your patients compete against each other by breaking each other's records. You can, for instance, write the patients' results on a scoreboard.

### • Vegetable garden

- Ask your patient to pick the vegetables using a squat with the back straight (instead of bending).

### • Deep water swimming

- Add a (heavy) resistance band to the game and ask your patient to keep it stretched throughout the exercise.
- Set up a high "work period" and increase the "minimum and maximum angles".

### • Bingo (or any Sit-to-Stand games)

- Offer your patient to play the exercise with a medicine ball.
- Ask him/her to throw the medicine ball on the floor after standing up, and takes the ball again when he/she is back on the chair.

### • A stroll

- This exercise can also be performed at a higher speed (running on the spot).
- Have the client carry a bag or weights.

### • The garden hose

- This exercise can be performed with a jump (instead of walking).

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