

ONE MONTH EXERCISE TRACKER

Exercise and MG With Vanetta

An exercise tracker can be a great way for amateurs and pros alike to monitor their progress while working out. Vanetta* created this one-month exercise tracker that matches the exercises she models in her workout video on MG United Canada. Follow along with the video to learn the techniques and track the progressions.

It's important to consult with your healthcare team before beginning any exercise program. Check with your doctor to make sure that any exercises you want to try are safe and suitable based on your physical condition and where you are in your myasthenia gravis (MG) journey.

TIPS FROM VANETTA

- Remember to consult with your healthcare provider before starting any exercise program
- Always make sure that you exercise on a non-slippery floor
- There are repetitions and timing goals associated with some of these exercises, but only do what feels comfortable for you
- Each exercise is designed so that you can go at your own pace

Place a check mark in the corresponding week each time you complete an exercise and jot down any notes as you go.

Exercises	Week One	Week Two	Week Three	Week Four
STRETCHING Bear Hugs				
CARDIO Seated High Knees Progression: Standing High Knees				
UPPER BODY Wall Hand Walk-Ups Progression: Wall Push-Ups				
LOWER BODY Assisted Squat Progression: Chair Squat				
CORE Torso Twist Progression: Torso Twist With Weight Second Progression: Russian Twist				

Week One Notes: _____

Week Two Notes: _____

Week Three Notes: _____

Week Four Notes: _____