

# EXERCISE



after

## Breast Implant Explant

WEEK 1-2



- Strict rest



- NO Exercise at all

WEEK 3



Low intensity:

- Leg extensions
- Seated hamstring
- Seated abduction
- Isolated legs
- Lying leg press
- Calf Raises
- Stationary bike
- Gentle treadmill walking



- NO core  
- NO upper body  
- NO HIGH intensity

WEEK 6



- Above + ....
- Light jog
- Walking lunges
- Body weight Squat / lunges
- Glute kickbacks
- Stationary bike



- Light holding or 1-2kg hand weights  
- NO upper body  
- NO HIGH intensity  
- NO Yoga / Pilates

WEEK 12+



- Above + ....
- High intensity:
- Sprints, jump rope, lung jumps etc.
- Bicep /triceps
- Delt raises /press
- Yoga / Pilates
- Running
- Swimming



- Hanging / pullups  
- Heavy bench press  
- Anything that feels weird