



Exercise plan :  
**Strength training for  
amyloidosis: PULL  
exercises**

Patient:  
**Strength Training  
Considerations For  
Amyloidosis**

Date:  
**05th Sep 2026**

Practitioner:  
**Alan Levi**



### Bruegger's Posture Standing Wall

Stand up against a wall. Ensure your heels, buttocks, shoulders and head is touching the wall. Turn your hands out, so your palms are facing forwards with your hands resting against the wall. Bring your shoulder blades down and towards the midline. Tuck your chin backwards slightly. Breathe deeply throughout the exercise. If your upper back is very rounded and you are unable to get your head to the wall, do not arch your neck, just keep your head where it feels comfortable. You will feel a stretch across your chest and front, as well as muscles working in your back, all helping to improve your posture.

Video: <https://youtu.be/XkiTmj4mRr4>



### Bruegger's Posture Standing Wall Band

Stand up against a wall. Ensure your heels, buttocks, shoulders and head is touching the wall. Turn your hands out, so your palms are facing forwards with your hands resting against the wall. Bring your shoulder blades down and towards the midline. Tuck your chin backwards slightly. Breathe deeply throughout the exercise. If your upper back is very rounded and you are unable to get your head to the wall, do not arch your neck, just keep your head where it feels comfortable. Repeat the movement. You will feel a stretch across your chest and front, as well as muscles working in your back, all helping to improve your posture.

Video: <http://youtu.be/Fwgv-dy8yAM>



### Seated Wall Angel

Sit next to a wall with legs crossed. Place your arms at shoulder level, with your elbows bent. Slide your elbows up the wall as far as feels comfortable. Return to the start position. This exercise can help improve shoulder mobility and posture.

Video: <https://youtu.be/vhFxQbTi9AM>



## YTW

Laying on your stomach, contract your glutes, and bring your arms up off the floor in a capital "Y" position, then go to "T", then "W"

Video: [https://youtube.com/shorts/A6E\\_8Unsf-k?feature=sha](https://youtube.com/shorts/A6E_8Unsf-k?feature=sha)



## Banded "YTW"

Place two bands within one another (as shown)

Place your hands inside and raise your arms to the sky in a "Y" shape . Hold for the allocated time, then move to a "T" , squeezing the shoulder blades back and finish with a "W", once again squeezing the shoulder blades back but also down



## Cable Face Pull

Hold the band / cable with thumbs towards you

Stand in a staggered stance and pull towards your eyebrows, ensuring the arms go past your peripheral vision and squeezing the shoulder blades together for at least 2 seconds

Video: [https://youtu.be/-ze\\_4g-ycSE?si=gpQegSHAE4MVshOI](https://youtu.be/-ze_4g-ycSE?si=gpQegSHAE4MVshOI)

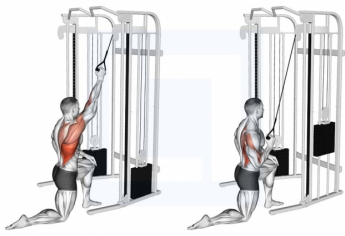


## Row to Rotate

Facing the band anchor point , you row toward yourself (about chest height) , squeeze the shoulder blades together, and, whilst maintaining that squeeze, rotate your arms back (so that your fists are pointed up to the ceiling)

It's important to think of your elbows going back and "gluing" to an imaginary surface behind you. Don't let them drift forward as you rotate !

Video: <https://youtu.be/kk6eTuQS4K0>



### Half kneeling single arm cable pulldown

In a deep lunge position, hold the handle of the cable pulley that corresponds with the leg that is BEHIND you. Pulldown with the elbow driving down towards the floor

Video: <https://images.app.goo.gl/eF8b6SKVBdykmaRM7>

Dear Strength Training Considerations, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [alanlevipersonaltraining@gmail.com](mailto:alanlevipersonaltraining@gmail.com). Good luck and keep with it!