

# CARDIAC REHABILITATION

EXERCISE	TIME/LEVEL	NOTES
<p><b>Warm Up:</b></p> <ul style="list-style-type: none"> <li>• March on Spot</li> <li>• Shoulder Rolls</li> <li>• Arm Circles</li> <li>• Arm Swings</li> <li>• Front Arm Raises</li> <li>• Squats</li> <li>• Calf Raises</li> <li>• Jog on Spot</li> </ul>	<p>1 minute on each exercise.</p>	<p>The warm-up should be gradual and slowly increase the intensity throughout. At the end you want the whole body to feel warm, so you are ready to exercise.</p>
<p><b>Main Section:</b></p> <ul style="list-style-type: none"> <li>• Arm Curls with Marching</li> <li>• Sit to Stand/Squat</li> <li>• Marching</li> <li>• Side Taps</li> <li>• Marching</li> <li>• Front Toe Taps</li> <li>• Marching</li> <li>• Side Arm Raises</li> <li>• Marching</li> <li>• High Knees</li> </ul>	<p>30 seconds each exercise. 30 seconds rest after each exercise.</p>	<p><b>Squat</b> – Stand with your shoulders back and feet hip width apart. Squat down as far as you feel comfortable with and as you come back to standing.</p> <p><b>Side Arm Raises</b> – Bring arms up to the side at shoulder level, lower slowly and repeat.</p> <p><b>Side Leg Raises</b> – One leg raises to the side and lower down slowly and repeat.</p> <p><b>Step Ups</b> – Use the bottom step of the stairs in your house and step up and down. Go at your own pace with this.</p>



- Marching
- Side Leg Raises
- Marching
- Step Ups
- Marching
- Wall Press Ups
- Marching

**Cool Down:**

- Quadricep Stretch
- Hamstring Stretch
- Torso Twist
- Chest Stretch
- Shoulder Stretch

**Hold all stretches for a minimum of 20 seconds on each side.**

**These stretches should be done lightly and not to the point of over stretching/causing discomfort.**

**Wall Press Ups** – Stand against a wall, press hands against it in line with shoulders, take a step back and lower arms and face to walk by bending elbows, then extend arms straight to repeat.

**Quadricep Stretch** - Stand up, lift your right foot, and grasp it with your right hand. If this is too much you can hold the lower leg or shoe. Pull the foot toward your butt, hold, and repeat with the left foot.

**Hamstring Stretch** – Take a big step forward, make sure the leg at the front has a slight bend and the back leg is straight. You should feel this stretch in the hamstring of the back leg, if you can't feel it, bend the front leg slightly more.

**Torso Twist** – Start with your hands down by your side and keep your head facing forward throughout the move. Swing your arms from side to side and wrap them around the hips. The aim here is to remove any tension that may be in the back.

**Chest Stretch** – Place the palm of your hands on to the base of your back then look up, chest out and squeeze the shoulders blades together.

**Shoulder Stretch** – Bring the right arm straight out in front then bring it across the front of the body. Grab hold of the arm with your left arm so it doesn't move and pull the arm close, so you feel the stretch in your shoulder.

**Training Disclaimer:** As with any form of exercise there is a risk of injury that may and could occur. By following this exercise plan, you acknowledge that you are happy and fully agree to take part in this exercise routine. In addition, by following this exercise plan you agree to take part in any activities at your own risk and Derby County Community Trust will not be liable for any injuries that may occur during any session.

---

**Cool Down:**

- Quadricep Stretch
- Hamstring Stretch
- Torso Twist
- Chest Stretch
- Shoulder Stretch

---

**Hold all stretches for a minimum of 20 seconds on each side.**

**These stretches should be done lightly and not to the point of over stretching/causing discomfort.**

---

**Quadricep Stretch** - Stand up, lift your right foot, and grasp it with your right hand. If this is too much you can hold the lower leg or shoe. Pull the foot toward your butt, hold, and repeat with the left foot.

**Hamstring Stretch** – Take a big step forward, make sure the leg at the front has a slight bend and the back leg is straight. You should feel this stretch in the hamstring of the back leg, if you can't feel it, bend the front leg slightly more.

**Torso Twist** – Start with your hands down by your side and keep your head facing forward throughout the move. Swing your arms from side to side and wrap them around the hips. The aim here is to remove any tension that may be in the back.

**Chest Stretch** – Place the palm of your hands on to the base of your back then look up, chest out and squeeze the shoulders blades together.

**Shoulder Stretch** – Bring the right arm straight out in front then bring it across the front of the body. Grab hold of the arm with your left arm so it doesn't move and pull the arm close, so you feel the stretch in your shoulder.

---

**Training Disclaimer:** As with any form of exercise there is a risk of injury that may and could occur. By following this exercise plan, you acknowledge that you are happy and fully agree to take part in this exercise routine. In addition, by following this exercise plan you agree to take part in any activities at your own risk and Derby County Community Trust will not be liable for any injuries that may occur during any session.