

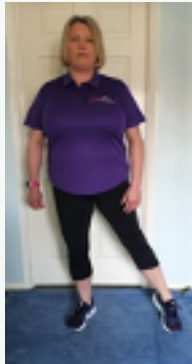


At Home Workout Programme for Cardiac Rehabilitation Phase IV

Warm up section: 15-20 minutes

If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting. *(Can be performed either sat down in a chair or standing)*

1	March on spot, roll shoulders, 8 forwards and 8 backwards	
2	Mobilise hips: 4 small steps and 4 wide steps out to the side	
3	Heel digs forwards. Repeat 20 times	
4	Side taps, pointing toes out to the side. Repeat 20 times	



5 Step-backs onto the ball of the foot.

Repeat 20 times



6 Torso rotations, hands crossed over at chest height, turn to your right looking over shoulder, slowly back to the centre and then over to the left.

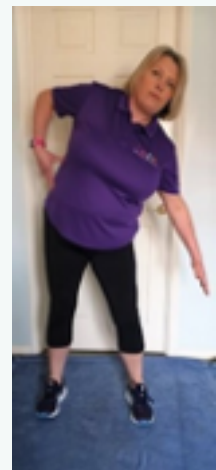
Repeat 4-6 times.



7 March on the spot

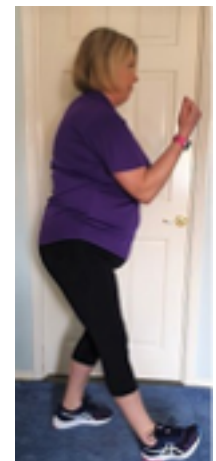
8 Side bends, feet hip-width apart, arms down by your side, bend towards your right, slowly back up and repeat on the left side.





Repeat 4-6 times.



9 Heel digs single arms curling towards shoulder.


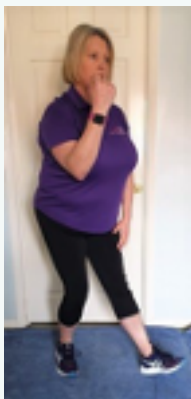


Repeat 20 times



<p>10</p>	<p>Side taps, single arms out to the side.</p> <p>Repeat 20 times</p>	
<p>11</p>	<p>Step backs, single arms moving forwards.</p> <p>Repeat 20 times.</p>	
<p>12</p>	<p>Heel digs, curling both arms towards shoulder.</p> <p>Repeat 20 times.</p>	
<p>13</p>	<p>Side Taps, both arms out to the side.</p> <p>Repeat 20 times.</p>	

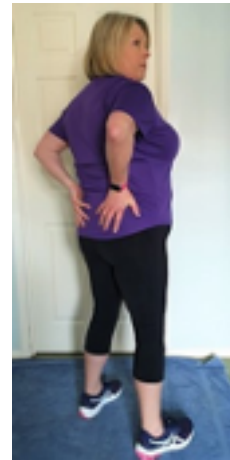




14	Step backs, both arms reaching forwards. Repeat 20 times	
15	Heel Dig, opposite arm to leg curling towards shoulders. Repeat 20 times.	
16	Toe taps, opposite arm to legs, taking arms out to the side. Repeat 20 times.	
17	Step backs, opposite arm to leg, reaching forwards. Repeat 20 times.	



- 18 March on the spot, **Chest stretch** bring both arms round to the back and placing hands into the small of your back hold for 8-10 seconds



- 19 Heel dig forwards, opposite arm to leg reaching above the head.

Repeat 20 times.



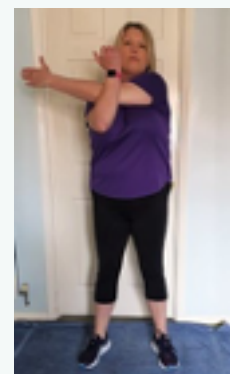
- 20 Toe tap forward, opposite arm to leg reaching out in front.





Repeat 20 times.



- 21 March on the spot, **Shoulder stretch**, bring the arm across the body hold for 8-10 seconds and repeat on the opposite arm





Repeat 20 times.



22	<p>Heel digs forwards, both arms reaching above the head.</p> <p>Repeat 20 times</p>	
23	<p>Toe taps forwards, both arms pushing out in front.</p> <p>Repeat 20 times.</p>	
24	<p>March on spot, Triceps stretch, right hand to the right shoulder hold for 8-10 seconds and repeat on the left side.</p>	
25	<p>Toe tap forwards bring one arm to the front and one arm out to the side.</p> <p>Repeat 20 times.</p>	





26	<p>Heel digs forwards, upright row, linking thumbs together, elbows high lifting to chest height.</p> <p>Repeat 20 times</p>	
27	<p>Toe tap forward, Pec Dec, both arms out to the side, bringing arms together into the middle.</p> <p>Repeat 20 times.</p>	
28	<p>Quadriceps stretch, stand on one leg and pull the other foot up behind your bottom. Keep your knees together and push your hips forwards to increase the stretch, hold for 8-10 seconds</p>	
29	<p>Knee Lift, opposite hand to knee.</p> <p>Repeat 20-40 times.</p>	

- 30 **Calf Stretch**, stand with one leg far in front of the other, keep the back-heel flat on the floor, bend the front leg and keep the back leg straight.

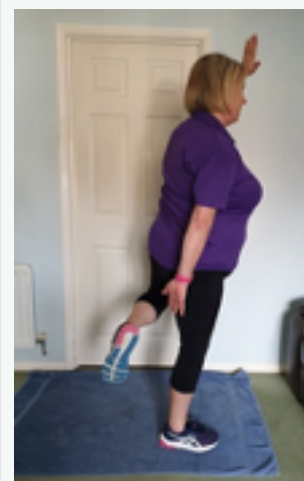
Hold for 8-10 seconds.

Repeat for the other leg.



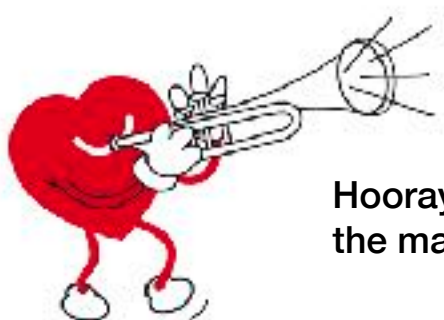
- 31 **Hamstring curl**, curling one leg at a time towards the bottom, tapping opposite hand to heel.

Repeat 20-40 times.



- 32 **Hamstring Stretch**, place your right foot onto the heel, keeping the leg straight and bend the back leg and gently lower yourself into the stretch.

Hold for 8-10 seconds.

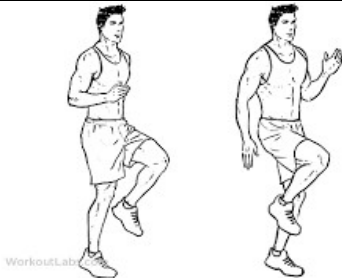
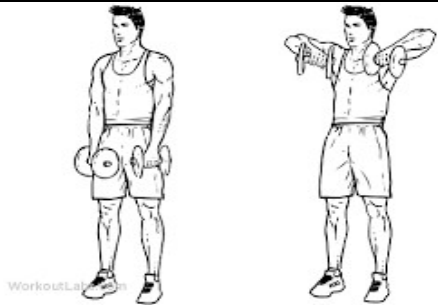




Hooray! You've finished the Warm Up, now for the main event ...

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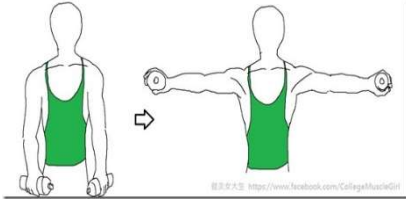


Circuit

Conditioning Component: -			
Time	Exercise Description	Progression/Intensity	Illustration
CV 2 Mins	Knee Lifts	Progress to a higher knee Lift Increase Speed Opposite elbow	
AR 1 Min 10-15 reps	Upright Row Empty water bottles Resistance Bands	Progress Fill bottles with water or sand. Increase resistance by using a stronger band.	
1 Min Shuttle Walk		Hallway or another suitable route.	
CV 2 Mins	Back Lunges	Progress by increasing range of movement and then adding arm movements	
AR 1 Min 10-15 reps	Wall Press or chest press with resistance band	Progress take the body further away from the wall. Slower Increase strength of resistance band	
CV 2 Mins	Side taps/Low impact Jacks	Progress increase range of movement. To low impact jacks. Increase speed	


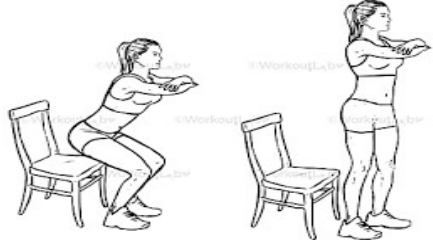
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AR 10-15 reps 1 min Shuttle Walk	Bicep Curls with empty water bottle Resistance band	Fill with water or sand to increase resistance Increase Resistance Band Strength	
CV 2 mins	Step on and off the bottom of the stairs or step	Progress by climbing/ descending stairs.	
AR 1 min 10-15 reps 1 Min Shuttle Walk	Seated low row with resistance band or empty water bottle	Increase strength of band Fill water bottle with water or sand	
CV 2 Mins	Hamstring Curls	Progress increase range of movement. Increase speed	
AR 1 Min 10-15 reps	Lateral Raises Water bottles/tins	Increase resistance filling bottles with water or sand	

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CV 2 Mins	Heal Digs with Bicep Curl	Progress by increasing movement, single to double arms, increase speed	
AR 1 Min 10-15 reps 1 Min Shuttle Walk	Chair Squat	Progress increase range of motion, speed arms across shoulders or introduce a resistance such as a water bottle	

Cool Down

Minimum 10 minutes duration to gradually lower heart rate, walking around the house or garden or march on the spot performing a series of stretches: chest, shoulders, triceps, quadriceps, calf and hamstrings, holding each stretch for a period of 15-20 seconds.

Illustrations of Stretches

Chest stretches



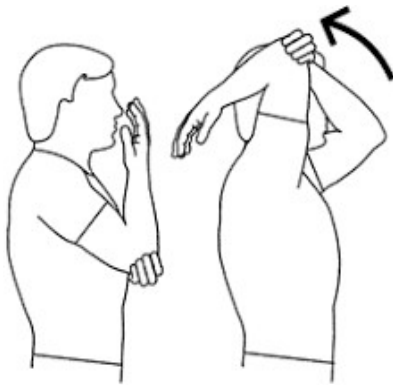
1. Bring both arms around to the small of your back.
2. Placing both hands into the small of your back.

Shoulder Stretch



1. Bring your right arm across your body.
 2. Place your left hand on the back of your right arm.
- Repeat on the opposite arm

Triceps Stretch



1. Take your right arm to your right Shoulder.
2. Gentle easy back with your left hand.
3. Repeat on the opposite arm

Quadricep Stretch



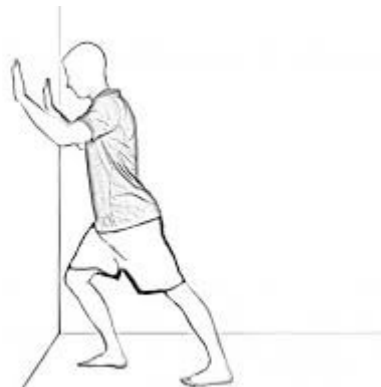
1. Use a wall or chair to hold onto for your Balance.
2. Bend you right leg towards your bottom gripping your foot back of your trowse with Your hand.
Repeat on the opposite leg

Hamstring Stretch



1. Place your right foot onto you heal
2. Bend the back leg (left leg)
3. Gentle lower into stretch
4. Repeat on the opposite leg

Calf Stretch



1. Place both hands on the wall
2. Bend the right knee at the front.
3. Take the left leg back and push heal flat to the floor.
Repeat on the opposite leg

Floor Exercises

Superman 8 reps



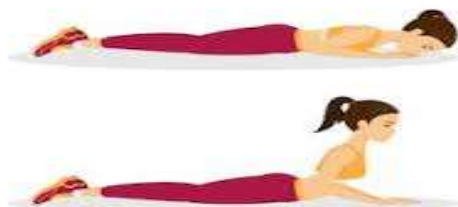
1. Hands and knees
2. Take your right arm out in front and your left leg behind hold 8 sec
3. Change over to the opposite side
4. Take your left arm out in front And your left leg behind hold 8 sec
5. repeat

Cat stretch 8 reps



1. Hands and Knees
2. Pull your tummy muscles in
3. Draw your chin towards chest
4. Pushing the top part of your back up
5. Relax and repeat 8 times

Back Extensions 8 reps



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1. Lie flat on your tummy, elbows bent, hands flat on the floor.
2. Use both arms, keeping hands on the floor to push up, so that the chest comes off the floor
3. Hold for 8-10 secs and repeat

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Abdominal Curls 10-15 repetitions



1. Lie on your back knees bent, both Hands to the side of the head and ears.
2. Eyes on the ceiling, try not to drop chin onto your chest
3. Using tummy muscles lift the top part of your back off the floor, keeping lower Part of your back on the floor.

Obliques opposite elbow to knee 10-15 repetitions



1. Lie on your back, place your left foot onto the right bent leg
2. Hands to the side of the head and ears
3. Opposite elbow to knee

Trunk Rotation Repetitions 5 times on each side



1. Lie flat on your back, knees bent, together Arms shoulder height, palms turned over.
2. Rotate both legs over to the right, back to the centre and then over to your left slowly
3. Repeat 5 times on each side

Relaxation

Take both legs straight out, place one hand on your chest and one hand on your stomach, close your eyes and relax, focus on your breathing.

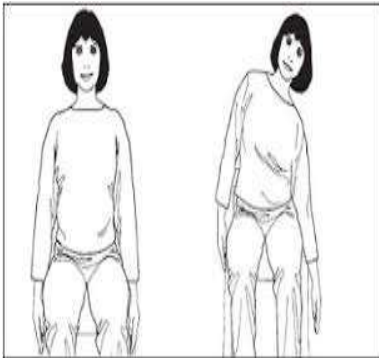
Breathe in through the nose and exhale out of the mouth.

Play some relaxing music

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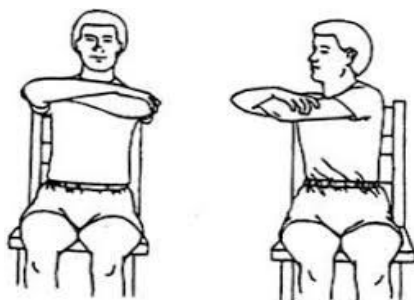
Chair based as an alternative to floor exercise

Side Bends 8 repetitions



1. Back away from the chair sitting nice and tall
 2. arms down by your side
 3. lean towards the right side of the chair and hold
 4. slowly back up
- Lean down towards the left side of chair and hold
5. slowly back up
- Repeat

Torso rotations 8 reps



1. Back away from the chair sitting three quarters of the way forwards.
2. Sitting nice and tall
3. Arms crossed over.
4. Slowly turn to your right
5. Slowly back to the centre
6. Slowly turn to left, repeat

Cat Stretch 8 repetitions



1. sit three quarters forwards on your chair
2. Hands on top of your thighs
3. Draw your tummy muscles towards your spine.
4. Pushing the top part of your back out
5. Draw your chin towards your chest
6. Hold for 8-10 seconds
7. Repeat

Seated Abdominal crunch 10-15 reps



1. Back away from your chair
2. Sitting nice and tall
3. Hands to the side of your head and ears
4. Move slowly towards the knees
5. Return to the start and repeat

Seated Obliques 10-15 reps



1. Back away from your chair
2. Place your right foot onto your left leg
3. Hands to the side of the head and ears
4. Opposite elbow to knee.
5. Repeat 10-15 times and change to the opposite side.

Relaxation

Take both legs straight out, place one hand on your chest and one hand on your stomach, close your eyes and relax, focus on your breathing.

Breathe in through the nose and exhale out of the mouth.

Play some relaxing music

For further advise please email Sarah at sarah.hill@rbwm.gov.uk or call on 07876 586445