



**North Gwent**  
Cardiac Rehabilitation  
and Aftercare Charity

Home Based

Exercise Programme

### Warm-up (10-15 mins)

To be performed at an 11 on the RPE scale (Rate of Perceived Scale)

- It is important to do the warm-up exercises before the circuit to:
- allow your heart rate to increase gradually to minimise the likelihood of symptoms, and
  - Warm-up your muscles and mobilise your joints to avoid strain or injury.

Do each movement 8-10 times (except stretches), starting **slowly**, gradually increasing the pace throughout the warm-up. Do the stretches once or twice and hold for 8-10 seconds. Avoid over-stretching or 'bouncing'.

#### Warm Up Exercises

(Alternatively go for 10-15 minute slow walk, gradually increasing speed)

Walk/march on the spot  
Alternate toe taps forward  
Alternate heel digs  
Alternate knee lifts  
Alternate toe taps to the side  
Alternate toe taps behind

Walk/march on the spot while you .....  
Roll shoulders forward/backwards, then do arm Stretches 1 and 2 →→→→

Alternate toe taps forward, lift one arm forward  
Alternate heel digs, bend alternate arms (bicep curls)  
Alternate knee lifts, lift knee higher  
Alternate legs to the side, lift alternate arms to the side (1/2 jacks)  
Alternate legs behind, lift alternate arm forward (lunges)

Circle alternate arms forwards, then backwards (keep marching)  
Then do trunk stretches 1 and 2 → → → → → → → →

Alternate toe taps forward, lift both arms forward  
Alternate heel digs, bend both arms (bicep curls)  
Alternate knee lifts, tap with opposite hand  
Alternate legs to the side, lift both arms to the side (full jacks)  
Alternate legs behind, lift both arms forward (lunges)  
Alternate toe taps forward, lift both arms forward

Calf and hamstring stretches → → → → → → → →

March on the spot briskly, swinging your arms

## Stretches



**Arm stretch 1:** Whilst marching on the spot, place your right arm across your chest, place your other hand between your elbow and shoulder then ease your right arm towards your body. Feel the stretch in the top of your arm and shoulder.

Repeat with the left arm.



**Arm stretch 2:** Whilst marching on the spot place your right hand on the back of your shoulder. Gently ease your arm further backwards until you feel a slight stretch on the underside of your upper arm.

Repeat with the left arm.



**Trunk stretch 1:** Stand with your feet apart and right knee slightly bent. Gently lean over to the right side until you feel a stretch down your left side. To stretch further, lift your left arm over your head.

Repeat to the other side.



**Trunk stretch 2:** Stand with your feet apart. Cross your arms across your chest. Gently turn your head and upper body towards one side keeping your hips still.

Repeat in the other direction.



**Calf stretch:** Step your right foot forwards and bend your knee until it is over your foot. Make sure toes are pointing forwards, both heels stay on the ground and your left leg stays straight. You should feel the stretch in the lower part of your left leg.

Repeat on the other side.



**Hamstring stretch:** Place your right leg out in front, bend your left knee and lean forwards at the hips, keeping your right leg straight and lift up your toes. You should feel the stretch down the back of the right leg.

Repeat on the other side.

## Circuit

Follow the numbered exercises below.

You will be advised over the phone how to progress:

- Weights, and what to use
- Duration of each exercise

Exercises	Time	Specific Instructions
1 step on stairs	4-5 mins	Step up and down on bottom stair or step in house, alternating leading leg each min
2 lunges	10 each leg	
3 bicep curls	10 x 2	Use dumbbells / carton of milk / tin of soup / bottle of water
4 squats	15 x 2	Feet shoulder width apart. When sitting back push weight through heels
5 press ups against wall	15 x 2	Hands shoulder width apart. Further away from the wall you are, the harder it is
6 sit to stand	15 x 2	Feet shoulder width apart. When sitting up keep back straight and look ahead
7 upright row	10 x 2	Use dumbbells / carton of milk / tin of soup / bottle of water
8		
9		
10		

Remember to do the cool-down exercises after the circuit to:

- Allow your heart rate and blood pressure to gradually return to normal, and
- stretch your muscles to minimise any stiffness.