

## Cardiac Rehab Physical Activity Session (Exercise Library)

### Component – Warm up/mobilization

Purpose – is to warm the muscles, to act as a circulation booster and mobilize our joints for the upcoming exercises (if one arm or leg does not work as well, please do what you can, that's all we can ask of you, Thank you).

#### Exercise Name

#### **Standing Marching (Arms and Legs) (A&L)**

Purpose – This will warm our muscles and boost the circulation.

Instructions and teaching points –

- Stand behind chair in case of need for support if needed with feet hip distance apart.
- March with legs gently but continuously to get a comfortable rhythm, at the same time swing the arms from the shoulder with fixed angle at the elbow and swing arms close to torso.
- Roll the weight from the ball of the foot to the heel on each step, don't lift knees to high.
- Stand tall throughout, tummy muscles pulled in, keep shoulders back down and relaxed and keep breathing regular and natural.



Duration/repetitions – Maximum of 1 Minute

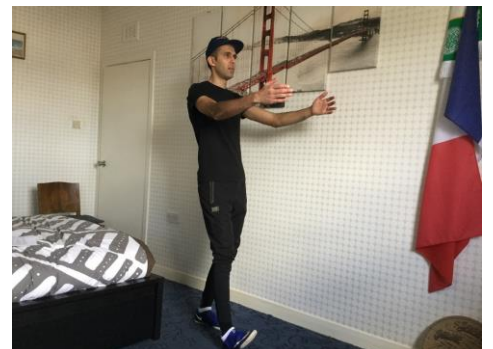
Progression – increase the range of movement of both the arms and the leg action.

#### **Heel taps with arm raise's**

Purpose – This will help mobilize our hips, knees and ankles. it will also help mobilize the arms as well. Additionally, it will challenge your balance and help to feel more confident on your feet.

Instructions and teaching points –

- Stand tall with feet at hip distance apart with slight bend in the knees.
- Begin with taking one leg forward tapping the heel of that foot on the floor bending both knees at little and then back to starting position.
- Repeat on the other side.



## Cardiac Rehab Physical Activity Session (Exercise Library)

- If you feel comfortable when you take one heel in front of you, raise both hands up to shoulder height and bring them down when feet come back to starting position and repeat the process.
- If the arms get tired at any point then put your hands on the side of your hips, the main thing is to keep the legs moving.
- Remember to keep you breathing going throughout.

Duration/repetitions – Maximum of 1 Minute



### Side taps

Purpose – This will help mobilize our hips, knees and ankles. it will also help mobilize the arms as well. Additionally, it will challenge your balance and help to feel more confident on your feet.

Instructions and teaching points –

- Stand tall with feet at hip distance apart with slight bend in the knees.
- Begin by taking one leg out to the side tapping you're toe on the floor and then return to the starting position.
- Repeat on the other side.
- If you feel comfortable when you take one leg out to the side, raise both arms to shoulder height and back down and repeat the process.
- If the arms get tired at any point then put your hands on the side of your hips, the main thing is to keep the legs moving.
- Remember to keep you breathing going throughout.



Duration/repetitions – Maximum of 1 Minute

### Back taps with arm raise's

Purpose – This will help mobilize our hips, knees and ankles. it will also help mobilize the arms as well. Additionally, it will challenge your balance and help to feel more confident on your feet.

Instructions and teaching points –

- Stand nice and tall with your feet at hip distance apart with slight bend in the knees., place one leg behind you tapping the toe of that back leg on the floor and return it back to hip distance.
- Repeat this on the other leg
- At the same time when bringing one leg back, if you want to challenge yourself raise both hands to shoulder height and back down when the leg comes back to starting position.

## Cardiac Rehab Physical Activity Session (Exercise Library)

- If the arms get tired at any point then put your hands on the side of your hips, the main thing is to keep the legs moving.
- Remember to keep your breathing going throughout.

Duration/repetitions – Maximum of 1 Minute



### Leg curls

Purpose – is to help improve function of the knee and mobilize it further, it will also help mobilize the arms as well. Additionally, it will challenge your balance and help to feel more confident on your feet.

Instructions and teaching points –

- Stand up nice and tall with good posture. Stand with feet at hip distance apart with slight bend in the knees.
- Start by lifting one heel off of the floor towards your bum trying to kick but obviously not to kick it, lower that heel back to the floor and repeat it on the other side.
- Go as high as you can, you can move your arms however you wish but do not press hands above shoulder height.
- Remember to keep your breathing going throughout.

Duration/repetitions – 1 minute maximum



## Cardiac Rehab Physical Activity Session (Exercise Library)

### Hand to opposite knee

Purpose – is to help improve function of the knee and mobilize it further, it will also help mobilize the arms as well. Furthermore, it will challenge your balance and help to feel more confident on your feet.

Instructions and teaching points –

- Stand up nice and tall with good posture. Stand with feet at hip distance apart with slight bend in the knees. Begin with lifting one knee up towards the hip if possible and lower and repeat on the other leg.
- If you feel confident, when one knee comes up try to tap it with the opposite hand while having the other hand on the chair for support. Repeat this on the other side.
- Maintain regular breathing throughout the exercise.

Duration/repetitions – 1 minute maximum



### Ankle mobilization standing

Purpose – this will improve the movement around our ankles, to prevent and reduce any stiffness, to improve stability of the ankle joint to help improve everyday tasks like walking to the shops.

Instructions and teaching points –

- Move to the side of the chair, holding on with one hand so that outside leg can be freely moved so you won't catch your foot on the chair leg.
- Tall long spine, knees and feet hip width apart and knees over the ankles.
- Outside leg comes forward and placing heel of the floor keeping the knee slightly bent, lift the knee and replace with the toe aiming for the same spot.
- Keep changing and make the movement smooth and controlled.
- Keep the support knee soft, nice tall spine throughout the movement.
- Try not to bang the heel down and concentrate on increasing the movement of the ankle.
- Remember to keep you breathing going throughout.

Duration/repetitions – 8 Reps each side

Seated Variation (SV)

## Cardiac Rehab Physical Activity Session (Exercise Library)

- Sit at the front third of the chair with good posture with legs and feet hip width apart and knees at a right angle, feet flat on the floor.
- Support the back with both hands on the chair, place the heel of one foot on the floor under the knee, then lift the knee and place the toe on the same spot.
- Keep movement slow and controlled.

Progression – increase the range of ankle movement



## Component – Main circuit and band strengthening exercises

Purpose – is to help improve cardiorespiratory endurance (aerobic fitness/stamina), local muscle endurance (stamina of our legs) and also balance to help with everyday activities such as walking and gardening. It is particularly challenging as your hearts, lungs, major muscles are being asked to work a little harder, so it is normal to feel your breathing increase during this component. Think of it as gradually climbing a steady slope and then high peaks and then back to a gradual slope again. The band strengthening exercises are to specifically target muscles using resistance bands. This is to improve the strength and power for the specific muscles.

### Hand to opposite knee

Purpose – is to help improve function of the knee and mobilize it further, it will also challenge your balance and help too feel more confident on your feet.

Instructions and teaching points –

- Stand up tall side with chairs on either side, hold onto the chairs with both hands and look ahead.
- Stand with feet at hip distance apart with slight bend in the knees.
- Begin with lifting one knee up towards the hip if possible and lower and repeat on the other leg.

## Cardiac Rehab Physical Activity Session (Exercise Library)

- If you feel confident, when one knee comes up try to tap it with the opposite hand while having the other hand on the chair for support. Repeat this on the other side.
- Maintain regular breathing throughout the exercise.

Duration/repetitions – 2 minutes

Seated Variation (SV) –

- Marches Seated (Arms and Legs) (A&L)



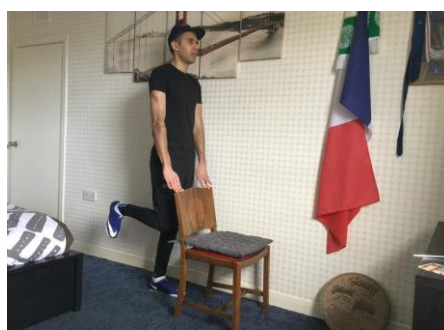
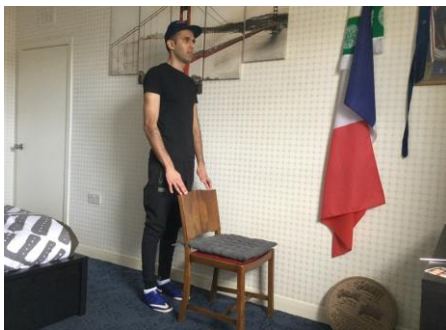
### Leg Curl

Purpose – is to help improve the function and movement of the knee joint whilst using the back of the thigh muscles (Hamstrings) to provide the movement.

Instructions and teaching points –

- Stand up tall facing a chair placing both hands on the chair for support, look ahead to keep posture correct.
- Begin by transferring your weight onto one leg and lift the heel of the other leg towards your bum as high as you can, then lower it back to the ground and repeat on the other side.
- Maintain regular breathing throughout the exercise.

Duration/repetitions – 2 minutes



## Cardiac Rehab Physical Activity Session (Exercise Library)

### Heel Lift

Purpose – is to help improve your balance and too feel more confident on your feet.

Instructions and teaching points –

- Stand up tall side on the chair, hold onto chair with one hand and look ahead.
- Stand with feet close together, transfer your weight onto your toes by lifting the heels.
- Think of your weight over you're your big and second toe, avoid looking down at your feet if you can and try not to lean too much on the chair or wall when moving along.

Duration/repetitions – 2 minutes

Seated Variation (SV) –

- Sit forwards on the chair, hold the chair with both hands to help keep spine nice and long. Feet at hip width, perform as in standing but take small steps and limit it to three steps forward and back to starting position and repeat.



### Step up

Purpose – is to help improve function of the hip, knee and ankle joints and mobilize them further, it will also challenge your balance and help too feel more confident on your feet. It also acts as a correction step and strengthens the muscles surrounding the knee.

Instructions and teaching points –

- (If you have stairs) Step up and down with control, make sure you have something for support if needed to feel completely safe.
- If you do not have access to stairs or a step, on a flat surface just step forward and back.
- Make sure your full foot goes onto the step. Do an equal amount on each leg.
- Maintain regular breathing throughout the exercise.

Duration/repetitions – 2 minutes

Seated Variation (SV) –

## Cardiac Rehab Physical Activity Session (Exercise Library)

- Marches Seated (Arms and Legs) (A&L)



### Shuttle Walk

Purpose – is to help improve your balance and too feel more confident on your feet.

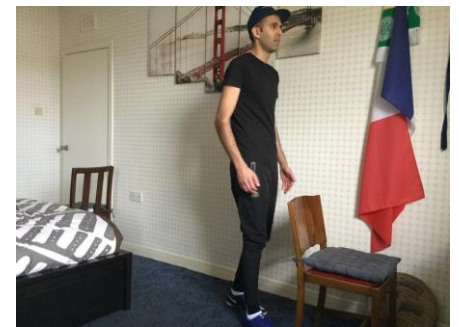
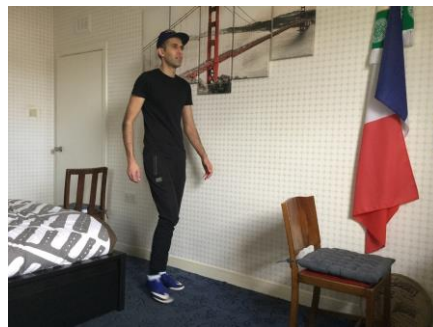
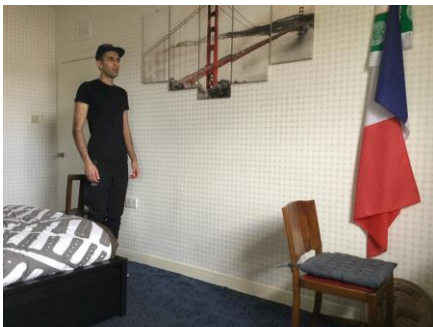
Instructions and teaching points –

- Walk around your living room but please be aware of any trip hazards, like mats, animals etc.
- Think tall, relaxed shoulders, making sure that you get as much of the heel to toe movement in the ankle while walking.
- Maintain regular breathing throughout the exercise.

Duration/repetitions – 2 minutes

Seated Variation (SV) –

- Marches Seated (Arms and Legs) (A&L)



### Sit to stands

Purpose – this will help to strengthen our thigh muscles (quadriceps, gluteus maximus and minimus). To help with everyday activities such as walking, stair climbing but also getting in and out of chairs at home, in cars and buses.

Instructions and teaching points –

- Sit tall on the front third of the chair with legs and feet hip width apart and knees above ankles. Take feet slightly back so that knees are over your toes with heels flat on the floor.



## Cardiac Rehab Physical Activity Session (Exercise Library)

- Hands on the chair seat, slightly lean forward and press down through the thighs and feet to come up to standing. Walk through the feet on the spot.
- Make sure when sitting down, seat is directly behind, bend the knees and hips to bring yourself down and make contact with the chair and repeat.
- Knees hips widths the whole way through, keep the chest up, back nice and long and tummy muscles pulled in. You will feel the muscles in the thighs and bottom working.
- Maintain regular breathing throughout the exercise.

Duration/repetitions – 2 minutes

Seated Variation (SV) – perform the front and back of knee strength.

Progression – go from hands on the seat of the chair to hands on thighs, then gradually go with both arms near hips and arms crossed at chest level.



### Wall Press

Purpose – is to help improve the strength of the chest muscles, backs of the arms and fronts of your shoulders, this can help with reaching for objects in the kitchen cupboards.

Instructions and teaching points –

- Facing a wall, place hands at shoulder height, feet at hip distance and roughly 2-3 feet away from the wall.
- Press into the wall with elbows having roughly a 90-degree bend in them as you take your face closer to the wall (do not bash your nose against the wall).
- Use the chest, back of the arm and the front of shoulder muscles to straighten the arms back into the starting position and repeat.
- Maintain regular breathing throughout the exercise.

Duration/repetitions – 2 minutes

## Cardiac Rehab Physical Activity Session (Exercise Library)



### Toe Lift

Purpose – is to help improve your balance and too feel more confident on your feet.

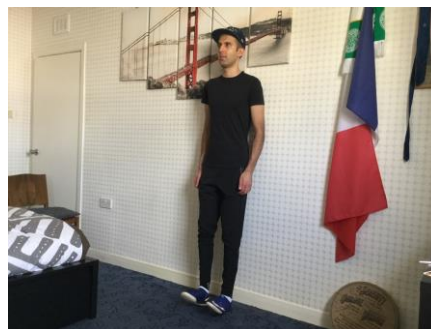
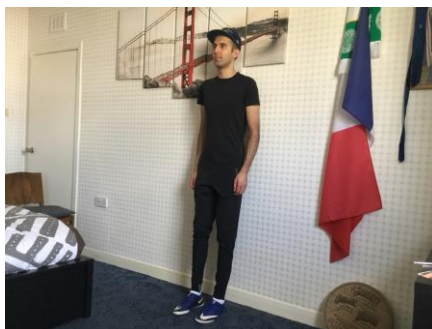
Instructions and teaching points –

- Stand up tall side on the chair or facing a wall and placing both hands on the wall for support, hold onto chair with one if using one and look ahead to keep posture correct.
- Stand with feet close together, lift the toes by transferring your weight onto your heels.
- Think tall, relaxed shoulder, tummy pulled in, avoid bending at the hip to keep the bum in, be careful not to lock out your knees and breathe normally.

Duration/repetitions – 2 minutes

Seated Variation (SV) –

- Sit forwards on the chair, hold the chair with both hands to help keep spine nice and long. Feet at hip width, perform as in standing but take small steps and limit it to three steps forward and back to starting position and repeat.



## Cardiac Rehab Physical Activity Session (Exercise Library)

### Seated ball lift and lower

Purpose – is to strengthen the shoulder muscles especially the front of the shoulder to maintain the range of motion for that joint.

- Sit at the front third of the chair with good posture with legs and feet hip width apart and knees at a right angle, feet flat on the floor. If you don't have a ball, use a tin or a water bottle or even your other hand.
- Keeping arms straight, lift up to shoulder height & then down again. Please do not start swaying back and forward as this puts a strain on your lower back. Use your tummy muscles to control your posture.

Duration/repetitions – 1 minute each side

Progression – you can add a weighted ball or dumbbell if the ball is too light.



### Tandem stance

Purpose – is to help improve your balance and too feel more confident on your feet.

Instructions and teaching points –

- Stand up tall side on the chair, hold onto chair with one hand and look ahead, the outside leg to the support, that foot comes in front of the other foot to create a straight line with your feet.
- Make sure your weight is even on both feet, soften your knees and keep upright posture throughout. Hold that position and maintain regular breathing
- Bring both feet side by side, swap the lead leg and follow the same steps.

Duration/repetitions – 1 minute each side

Seated Variation (SV) –

- Sit forwards on a chair with a long back, feet hip width apart, hands on chair for support and perform as in standing.

## Cardiac Rehab Physical Activity Session (Exercise Library)



### Band strengthening exercises –

If you do not have a band like shown, you can use a pair of tights or perform the movement without a band.

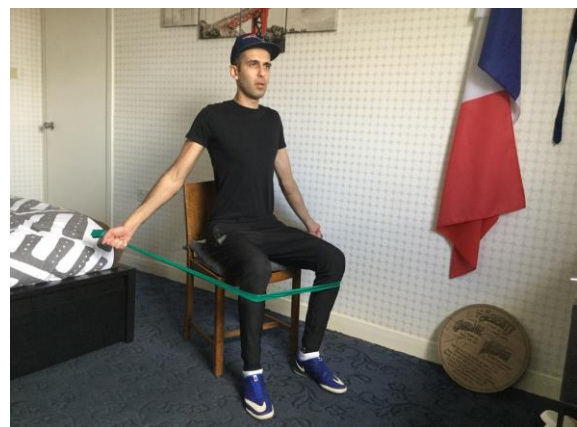
### Back of the arm strengthener seated

Purpose – this will strengthen the back of the upper arm (Triceps). It is to help to complete such tasks at home such as reaching into taller cupboards and also to push ourselves out of a chair if needed.

Instructions and teaching points –

- Sit tall towards the front of the chair with legs and knees hip distance. Place the TheraBand across your lap, scoop the band up with both hands, palms facing upwards. Loop the band below your knees.
- Slightly bring feet behind the knees slightly to create an ankle so that the band does not come and ping you.
- Have some tension on the band when in the starting position, pull the hands out to the side, straightening the elbow but not totally.
- The arms will come back slightly, and chest comes forward slightly.
- Try to breathe out when pulling the arms apart and breathing in when the hands come back together, if you can't get the breathing pattern then please just breathe.

Duration/repetitions – 2 set 15 reps, 30 in total.



## Cardiac Rehab Physical Activity Session (Exercise Library)

### Upper back strengthener seated

Purpose – this will strengthen the upper back muscles (rhomboids and trapezius) and the bones in the spine and wrists. It is to help improve posture and breathing and also help with daily tasks such as dressing.

Instructions and teaching points –

- Sit tall towards the front of the chair with legs hip width and knees directly over the ankles.
- Place the TheraBand across your lap, scoop the band up with both hands, palms facing upwards. Hold the band at belly button level with a narrow grip, elbows close to your torso.
- Pull the band apart with both hands and draws elbows back slightly until the band touches the lower part of the tummy, aim to open that chest as the elbows come back and keep the wrist's straight and firm.
- Squeeze shoulder blades together and hold up to 5 seconds, keep your breathing regular.
- Slide elbows forward back to starting position, release the tension, pause for 2-3 seconds and repeat.

Duration/repetitions – 2 set 15 reps, 30 in total.



### Strengthening sit to stands

Purpose – this will help to strengthen our thigh muscles (quadriceps, gluteus maximus and minimus). To help with everyday activities such as walking, stair climbing but also getting in and out of chairs at home, in cars and buses.

Instructions and teaching points –

- Sit tall on the front third of the chair with legs and feet hip width apart and knees above ankles. Take feet slightly back so that knees are over your toes with heels flat on the floor.
- Hands on the chair seat, slightly lean forward and press down through the thighs and feet to come up to standing. Walk through the feet on the spot.

## Cardiac Rehab Physical Activity Session (Exercise Library)

- Make sure when sitting down, seat is directly behind, bend the knees and hips to bring yourself close to the chair and pause for 5 seconds and then down and make contact with the chair and repeat.
- Knees hips widths the whole way through, keep the chest up, back nice and long and tummy muscles pulled in. You will feel the muscles in the thighs and bottom working.
- Maintain regular breathing throughout the exercise.

Duration/repetitions – starting with 1 set of 10 repetitions to get to 1 set of 15 repetitions.

Seated Variation (SV) – perform the front and back of knee strength.



## Cardiac Rehab Physical Activity Session (Exercise Library)

### Component – Dynamic balance

Purpose – is to help improve your balance and too feel more confident on your feet.

### Equipment –

Chairs

### Toe walks

Purpose – is to help improve your balance and too feel more confident on your feet.

Instructions and teaching points –

- Stand up tall side on the chair, hold onto chair with one hand and look ahead.
- Stand with feet close together, transfer your weight onto your toes by lifting the heels.
- Think of your weight over you're your big and second toe, avoid looking down at your feet if you can and try not to lean too much on the chair or wall when moving along.
- Lower your heels, turn and take as many steps as you need to face the support and turn to the opposite direction and repeat.

Duration/repetitions – 2 sets of 10 steps

Seated Variation (SV) –

- Sit forwards on the chair, hold the chair with both hands to help keep spine nice and long. Feet at hip width, perform as in standing but take small steps and limit it to three steps forward and back to starting position and repeat.

Progression –

Progress to 3 sets of 10 steps and the 4 sets of 10 steps. Also form one handed support to fingertip support and onto no support.



## Cardiac Rehab Physical Activity Session (Exercise Library)

### Heel walks

Purpose – is to help improve your balance and too feel more confident on your feet.

Instructions and teaching points –

- Stand up tall side on the chair, hold onto chair with one hand and look ahead.
- Stand with feet close together, lift the toes by transferring your weight onto your heels.
- Think tall, relaxed shoulder, tummy pulled in, avoid bending at the hip to keep the bum in, be careful not to lock out your knees and breathe normally.
- Lower your toes, turn and take as many steps as you need to face the support and turn to the opposite direction and repeat.

Duration/repetitions – 2 sets of 10 steps

Seated Variation (SV) –

- Sit forwards on the chair, hold the chair with both hands to help keep spine nice and long. Feet at hip width, perform as in standing but take small steps and limit it to three steps forward and back to starting position and repeat.

Progression –

- Progress to 3 sets of 10 steps and the 4 sets of 10 steps. Also form one handed support to fingertip support and onto no support.





## Cardiac Rehab Physical Activity Session (Exercise Library)

### Component – Cool down

Purpose – This component and the exercises included will be to promote relaxation and also gradually bringing the circulation to a pre exercise state.

#### Exercise Name

#### **Standing Marching (Arms and Legs) (A&L)**

Purpose – This will help in bringing our heart rate down gently and bring our breathing back to before the warm-up phase.

Instructions and teaching points –

- Stand behind chair in case of need for support if needed with feet hip distance apart.
- March with legs gently but continuously to get a comfortable rhythm, at the same time swing the arms from the shoulder with fixed angle at the elbow and swing arms close to torso.
- Roll the weight from the ball of the foot to the heel on each step, don't lift knees to high.
- Stand tall throughout, tummy muscles pulled in, keep shoulders back down and relaxed and keep breathing regular and natural.



Duration/repetitions – 1 minute

#### **Standing calf stretch with chest and fronts of shoulders stretch**

Purpose – is to lengthen the muscles in the calf muscle, chest muscles and the fronts of our shoulders to improve flexibility and promote relaxation.

Instructions and teaching points –

- Stand tall with feet hip distance, slide one leg behind and push the heel of that back leg into the floor.
- Clasp hands behind your lower back and do not interlock your fingers as this puts added pressure on them.
- Push your chest forwards, squeezing the shoulder blades together and drawing the elbows back.
- Hold this position and don't forget to breathe.



Duration/repetitions – 20-30 seconds

## Cardiac Rehab Physical Activity Session (Exercise Library)

### Standing calf stretch with upper back and backs of shoulders stretch

Purpose – is to lengthen the muscles in the other calf muscle, upper back muscles and the backs of our shoulders to improve flexibility and promote relaxation.

Instructions and teaching points –

- Stand tall with feet hip distance, slide the other leg behind and push the heel of that back leg into the floor again.
- Clasp hands in front of your chest, do not interlock your fingers as this puts added pressure on them.
- Push your hands forwards, rounding your upper back feeling the stretch on your upper back, backs of your shoulders and your calf muscle.
- Hold this position and don't forget to breathe.



Duration/repetitions – 20-30 seconds

### Standing back of thigh stretch

Purpose – is to lengthen the muscles at the back of the thigh's (hamstrings), to improve hip joint flexibility and promote relaxation.

Instructions and teaching points –

- The stretch will be a little deeper and also longer to improve flexibility.
- Stand with both feet together, both knees are bent. Place both hands onto one leg above the knee and straighten the leg that does not have the hands on it.
- Bend both knees again, swap the hands over to the other leg above the knee and straighten the leg that does not have the hands on it.
- Bend both knees once again, place both hands onto our thighs and slowly come back into a standing position.

Duration/repetitions – performed once only each side, holding for 20-30 seconds each time.



## Cardiac Rehab Physical Activity Session (Exercise Library)

### Standing back of the arm stretch

Purpose – is to lengthen the muscles in the back of the arm (triceps) and side of your trunk (latissimus dorsi), to improve flexibility at the shoulder joint and promote relaxation.

Instructions and teaching points –

- The stretch will be a little deeper and also longer to improve flexibility.
- Stand tall with slight bend in the knees to take the pressure off the lower back
- Shoulders are down and relaxed, neck lengthened.
- Pull the tummy button towards the back to tighten the abdominals, don't arch lower back and breathe normally.
- Place one hand on the same shoulder and use the opposite hands to ease the elbow towards the ceiling, trying to place the fingers between shoulder blades.
- Maintain arm supports to gently bring the arm back down and repeat on other side.



Duration/repetitions – performed once only each side, holding for 20-30 seconds each side.

Give yourself a clap and well done!

