

Home Exercise Programme – Amber Level

Information for patients

The following programme should only be completed following advice from your Cardiac Rehabilitation Practitioner.

Who is this for?

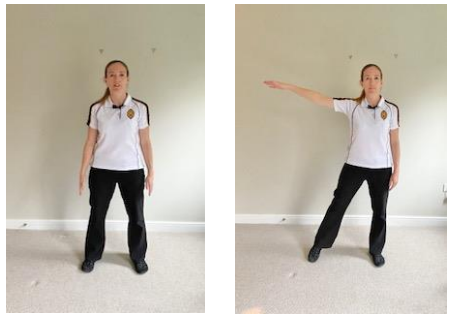

A suitable standing exercise regime for patients following an acute cardiac event or procedure and/or those with long term cardiac conditions. You should find the red level comfortable before attempting this level.

Equipment needed: chair, step, weights (food tins/water bottles) for resistance.


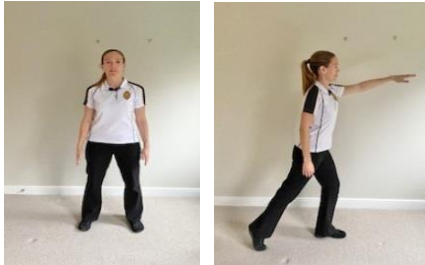
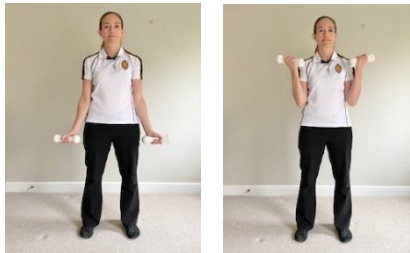
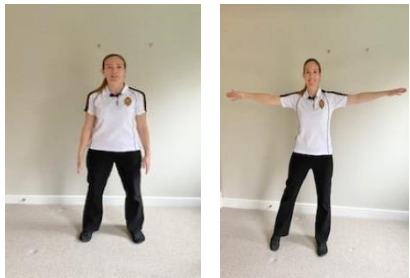
Timings/Reps: See circuit for timings. Total 20 minutes in the order listed, with 10 seconds gentle marching in between each exercise.

Additional information

- Ensure you have read the corresponding Cardiac Rehabilitation Warm Up and Safety Guide. (15 minute warm up first)
- Always monitor your level of exertion, refer to the RPE scale as explained in the Monitoring Intensity Guide.
- Remember it's okay to feel a bit out of breath as long as you can still hold a conversation.
- When performing strengthening exercises, **do not** hold your breath or grip weights excessively as this can increase your blood pressure.

Toe taps to side with single arm raise 2 minutes	Stand feet hip width apart. Extend with your heel, tapping your toes out to one side. At the same time raise the same arm parallel to the floor. Return to start position and repeat with the opposite arm and leg.	
Bicep curls with weights, feet marching 1 minute	Hold weights in both hands. Keep your back straight and palms facing forwards. Curl both arms up near your shoulder from your elbow. Lower arms back slowly to start position. Keep your feet marching throughout.	

Hamstring curls 2 minutes	Stand feet hip width apart. Use the back of a chair for balance, if required. Raise your heel towards your buttocks, then repeat with your opposite leg in a rhythmical movement.	
Wall press ups 1 minute	Place your palms on the wall at shoulder height and shoulder width apart. Slowly bend your elbows and lean towards the wall and then extend your elbows to return slowly to start position.	
Step ups 2 minutes	Use a door step or the bottom step of your flight of stairs; holding onto the rails as required, step up and down on the step at a walking pace.	
Upright row with weights, feet marching 1 minute	Hold weights in both hands. Lift the weights up towards your chin leading with your elbows and keeping the distance apart the same throughout the movement. Slowly return back to start position.	
Shuttle walk up and down 2 minutes	Have two points in a room. Aim to walk back and too from the points. When you reach one point, ensure you pick your feet up and turn in a marching style and avoid twisting too quickly.	
Lateral arm raise with weights, feet marching 1 minute	Hold weights in both hands. With palms facing forwards, and leading with thumb, raise both your arms to the side to shoulder height. Slowly lower them to start position. Keep your feet marching throughout.	
High knees with opposite hand tap 2 minutes	Stand feet hip width apart. Use the back of the chair for balance support. Aim to raise your knee as high as you can. As you lift one leg bring your opposite hand across to tap the top of your thigh. Keep repeating, alternating legs and arms in a rhythmical movement.	

Chest press with weights, feet marching 1 minute	<p>Hold weights in both hands and raise them to chest level with your elbows pointing out to the side. Slowly extend your arms so you are moving the weights away from you. Do not lock your arms. Return to start position and repeat. Keep your feet marching throughout.</p>	
Toe taps back with forward arm raises 2 minutes	<p>Lean forwards and tap alternate feet behind you whilst raising your opposite arm in front to shoulder height.</p>	
Bicep curls with weights, feet marching 1 minute	<p>Hold weights in both hands. Keep your back straight and palms facing forwards. Curl both arms up near your shoulder from your elbow. Lower arms back slowly to start position. Keep your feet marching throughout.</p>	
Toe taps to side with double arm raise 2 minutes	<p>Stand feet hip width apart. Extend with your heel, tapping your toes out to one side. At the same time raise both arms parallel to the floor. Return to start position and repeat with your opposite leg.</p>	

Well done on completing your exercise programme.

Don't forget your 10 minute cool down. For this refer to your separate Cardiac Rehabilitation Cool Down Guide.

This information is available in audio, Braille, large print and other languages. To request a copy, please telephone 01270 612440.