

Cardiac Rehabilitation

Home Exercise Programme – Black 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 green programme comfortable before attempting this level.
















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

Timings/Reps: 1 minute on each exercise, 10 minutes circuit in total, in the order listed. Option to repeat, to achieve 20 minutes continuous cardiovascular exercise.

Additional information:

- Ensure you have read the corresponding Cardiac Rehabilitation Warm Up and Safety Guide. (15 minutes 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. (Ensure 13-14 RPE)
- When performing strengthening exercises, **do not** hold your breath or grip weights excessively as this can increase your blood pressure.

Lunges	Stand feet hip width apart. Take a big step forward with your right leg and begin to move down by bending your left knee. Your right knee should not move over your toes. Push up through your right heel and step back to starting position. Repeat with your left foot.		
High knees	Stand feet hip width apart. Aim to raise your knee as high as you can. As you lift one leg, raise your opposite arm into the air. Keep repeating, alternating legs and arms in a rhythmical movement.		

Toe taps to side with single arm raise	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.	 
Squats	Stand feet shoulder width apart. Lower yourself by bending your knees until they are nearly at a right angle or as far as you feel comfortable . Keep your back straight and do not let your knees extend over your toes . Push up through your heels back to starting position and repeat.	 
Hamstring curls	Stand feet hip width apart. Raise your heel towards your buttocks, then repeat with your opposite leg in a rhythmical movement.	 
Backward lunges / toe tap back with forward arm raises	Lean forwards and tap alternate feet behind you whilst raising your opposite arm in front to shoulder height. Your front knee should not move over your toes.	 
Step ups	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 light jog pace.	 
High knees	Stand feet hip width apart. Aim to raise your knee as high as you can. As you lift one leg, raise your opposite arm into the air. Keep repeating, alternating legs and arms in a rhythmical movement.	 
Toe taps to side with double arm raise	Stand feet hip width apart. Extend with your heel, tapping your toes out to one side. At the same time raise both your arms parallel to the floor. Return to start position and repeat with your opposite leg.	 
Brisk shuttle walk / jog	Have two points in a room. Aim to walk briskly/jog back and to from the points. You should still be able to hold conversation.	

Well done on completing your exercise programme.

Don't forget your 10 minutes 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.