

Home Exercise Programme – Blue 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.














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

Timings/Reps: 1 minute on each, 30 seconds rest in between whilst gently walking on the spot. 10 minutes circuit in total in the order listed below. (option to repeat)

Additional information

- Ensure you have read the corresponding Cardiac Rehabilitation Warm Up and Safety Guide.
(Seated 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	Stand feet hip width apart. Extend with your heel, leading your foot out to one side. Return to feet hip width apart and repeat with the opposite leg.		
Bicep curls with small weights	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.		
Hamstring curls	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 rhythmic movement.		

Wall press ups	Place your arms on the wall as you lean forward into it. Your arms should be shoulder height and shoulder width apart. Slowly extend your elbows, whilst keeping your feet on the floor and move back. Return slowly to start position.		
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 walking pace.		
Upright row with weights	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	Have two points in a room. Aim to walk back and to 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	Hold weights in both hands. With palms facing forwards, and leading with your thumb, raise both your arms to the side to shoulder height. Slowly lower them to start position.		
High knees with opposite hand tap	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 the opposite hand across to tap the top of your thigh. Keep repeating, alternating legs and arms in a rhythmical movement.		
Chest press with weights	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.		

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.