

## Home Exercise Programme – Seated Level

### Information for patients

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

#### Who is this for?







A suitable seated exercise regime for patients following an acute cardiac event or procedure and/or those with long term cardiac conditions.














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

**Timings/Reps:** 1 minute on each, 30 seconds rest in between, in the order listed.

#### Additional information

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

<b>Sit to stand</b>	Whilst sitting, push up through your feet to come to a standing position. Stand tall by holding your core muscles. Count to 3 and push your hips out, bend your knees and return to seated position.		
<b>Bicep curls with small weights</b>	Whilst sitting, hold a weight in each hand. Keep your back straight and palms facing forwards. Curl both arms up near your shoulder from your elbow. Lower back slowly to start position.		
<b>Alternate knee raises – seated or supported standing (behind chair)</b>	Start with your feet hip-width apart. Use the back of the chair for balance support. Aim to raise your right knee as high as you can and slowly return. Keep repeating alternating knee raises in a rhythmical movement.		

<b>Lateral arm raises with weights</b>	Whilst sitting, hold a weight in each hand. Raise both your arms to your side until they are shoulder height. Under control, lower your arms to start position.	 
<b>Toe taps to side – seated or supported standing (behind chair)</b>	Sitting. Extend with your heel tapping your toe out to one side. Return to start position and repeat with the opposite leg.	 
<b>Chest press with weights</b>	Whilst sitting, hold a weight in each hand 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. <b>Do not lock your arms.</b> Return to start position and repeat.	 
<b>Shuttle walk up and down</b>	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.	
<b>Upright row with weights</b>	Whilst sitting, hold a weight in each hand. Lift the weight up towards your chin leading with the elbows and keeping the distance apart the same throughout the movement. Slowly return back to start position.	 
<b>Sit to stand</b>	Whilst sitting, push up through your feet to come to a standing position. Stand tall by holding your core muscles. Count to 3 and push your hips out, bend your knees and return to seated position.	 
<b>Side bends with weights</b>	Whilst sitting, hold a weight in each hand. Lean to your left side bending at the side of your waist and return repeating for 30 seconds. Repeat on the right side.	 

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.