

Patient Information

Cardiac Services

Cardiac Rehabilitation Circuit Training Programme

Name:

Date Issued:

Exercise Physiologist:

Introduction:

To make further benefits while completing Cardiac Rehabilitation, it is important to remain as physically active as possible.

The programme is designed to be:

- a) Completed every other day between your Cardiac Rehabilitation exercise classes **OR**
- b) Used instead of coming to our classes, we recommend you do this programme at home **2-3 times per week**

Each routine is designed to last **30-45 minutes**.

Remember:

- Always do a thorough **warm-up (10-15mins)** and **cool-down (10mins)**
- Make sure that you carry your Glyceryl Trinitrate (**GTN**) spray or keep it nearby
- Do your best to exercise at a level that makes you **a little breathless** to the point where you can still maintain a conversation
- **You must not hold your breath** during strength or core based activity



General Advice

- We recommend having a rest day or two between each routine you do in a week
- This programme has a several different routines to do, ranging between easy, medium, and hard
- Each routine has different exercises and we demonstrate how to do them with pictures and a description
- Start at the routine that is advised by one of the Clinical Exercise Physiologists
- You must only complete one routine at a time, do not complete routines consecutively in one session
- Use the Rating of Perceived Exertion (RPE) scale at the back of the programme to record your overall effort score, we are aiming for a RPE of 11-14 when doing each routine
- Once your routine becomes easier than a RPE of 11, it is time to progress onto a harder routine
- You should aim to stick with the given **2 lots of 10** until you feel ready to make your routine a little harder
- Progression be would either:
 - 1) Increasing the amount of each exercise (e.g. **10 → 15**)
 - 2) Increasing the amount of times you do each exercise (e.g. **2 → 3**)
 - 3) Moving on to the next routine

Home Programme

The following programme includes a variety of strength training exercises to perform at home. However if you are unsure, **please contact the exercise team** who will assist you.

Dumbbells, bottles of water, tins or plastic milk bottles filled with water can be used as weights (see the back pages for an explanation).

Warm-Up

A good warm up will consist of **10-15 minutes** of gentle walking (in and around your own home – **5-6 minutes**) followed by movement-based stretching. Perform **10 of each exercise** either seated or standing.

Lower body

1) Knee raises



2) Heel flicks



3) Leg swing forwards and backwards



4) Leg swing away from and across the body



5) Step backs



Upper body – march on the spot

1) Chest stretch



2) Torso twists



3) Arm circles forwards and backwards



4) Arm raises



5) Swimming strokes – front crawl, backstroke, breaststroke



Level 1 - Easy



Wall Press

- Stand an arm's length away from the wall with your hands shoulder width apart
- Whilst keeping a straight back bend your arms so you move towards the wall
- Then push back to straighten your arms to start position

Perform 2 x 10, 30-45 secs rest in-between



Brisk march on the spot

- Wear comfortable shoes
- Stand tall, looking forward and keep tummy tight
- Keep feet in line with hips and shoulders
- March in place, swinging your arms naturally.

Perform 2 x 10 (each leg), 30-45 secs rest in-between



Chair Squat

- Stand in front of the chair with feet shoulder width apart, arms by side or across chest
- Look straight ahead, push your hips back and bend knees to lower into the chair
- Aim for your buttocks to just touch the lip
- Keep your posture, push through your heels and stand upright

Perform 2 x 10, 30-45 secs rest in-between



Chair/Counter Top Mountain Climbers

- Get into a plank position, with hands rested on the chair/counter top and stand on toes
- Keep feet shoulder width apart and head in line
- Bring the right knee up into your chest as far as you can
- Bring the right leg back down and switch with left leg

Perform 2 x 10, 30-45 secs rest in-between



Straight Leg Kick Back

- Stand facing the wall or against a chair with feet shoulder width apart
- Slightly lean forwards, arms placed at shoulder width in front of you on the chair
- Keep the standing knee slightly bent and slowly lift the other knee back
- Hold the leg back for 2-3 seconds and slowly return to the starting position
- Complete the set repetitions and continue with the other leg

Perform 2 x 10 (each leg), 30-45 secs rest in-between

Level 2 – Medium



Counter Top Push-Up

- Stand facing the counter top, a few feet away
- Place both hands just wider than shoulder width apart
- Bend at the elbows and lower your chest as close as possible to the counter top
- Push back up, straightening the elbows but not leaving them locked

Perform 2 x 10, 30-45 secs rest in-between



Front Lunge

- Take a step forward with natural leading leg
- Gently kneel down, bending at both knees and remaining upright
- Lower body until thigh is close to parallel with the floor
- Press heel into the ground to drive back up to starting position.
- If you are losing your balance then take a smaller step forwards

Perform 2 x 10 (each leg), 30-45 secs rest in-between



Step-Ups

- Stand tall and feet flat, shoulder width apart
- Face the step and place your right foot firmly on the step
- Step upwards and straighten your leg at the top. Bring other leg up to stand on the step
- Step down carefully behind the step

Perform 2 x 10 (each leg), 30-45 secs rest in-between



Bent Over Row

- Stand with hips slightly bent and pushed back and a slight bend at the knee
- With shoulders down and back, lift elbows up into the tummy and lower until straight
- Return to the starting position and repeat

Perform 2 x 10, 30-45 secs rest in-between



Standing Core Twist

- Stand with feet shoulder width.
- Raise arms level with your chest.
- Keep tummy tight and rotate your arms and core to the right.
- Do your best to keep your hips facing forwards.
- Return to the centre and perform this to the left

Perform 2 x 10, 30-45 secs rest in-between

Level 3 – Medium/Hard



Squat

- Stand tall with feet shoulder width apart
- Look straight ahead, push hips back and bend knees to lower into an imaginary chair
- Aim for thighs to be just above parallel or parallel to the floor
- Keep your posture, push through heels and stand upright

Perform 2 x 10, 30-45 secs rest in-between



Light jog on the spot

- Stand tall, looking forward and keep tummy tight
- Keep feet in line with hips and shoulders
- Let arms hang freely by your side
- Raise knee up to hip height
- Gently lower and repeat on alternate leg

Perform 2 x 10 (each leg), 30-45 secs rest in-between



Marching Shoulder Press

- Stand with feet slightly wider than shoulder width; begin to march on the spot.
- Hold arms back and upright at shoulder height to make an “L” shape at the elbow.
- Push arms overhead leaving a slight bend at the elbow.
- Pause for a second or two and then bend at the elbow and lower your arms back to the start position

Perform 2 x 10, 30-45 secs rest in-between



Standing Side Crunch

- Stand up straight and raise one arm above head
- Rotate the same-side leg at the hip, turning your toes out
- Push left elbow and knee together, pinching your waist
- Return to a standing position and repeat on other side.

Perform 2 x 10 (each leg), 30-45 secs rest in-between



Side Lunge With Punches

- Stand with feet slightly wider than shoulder width apart and toes facing forwards
- Shift bodyweight to one leg and step out to the side
- Bend the knee to the side and keep the other leg straight
- Lift arm up to punch diagonally
- Return to the centre and repeat on the other side.

Perform 2 x 10 (each leg), 30-45 secs rest in-between

Level 4 - Hard



Overhead Squat

- Stand with feet at shoulder width apart
- Raise arms upward, close to the head
- Bend the legs and sit back to a full squat
- While you bend, lift the arms upwards to keep them high
- Return to the starting position

Perform 2 x 10, 30-45 secs rest in-between



Modified Push-Up

- Begin in a kneeling position on a mat with hands below shoulders and knees behind hips
- Keep your body straight, breathe freely and begin to lower your body
- Bend at the elbow and lower your chest to just above the floor
- Push back against the ground and straighten the arms
- Maintain a straight body and don't hold your breath

Perform 2 x 10, 30-45 secs rest in-between



Knee To Elbow

- Stand while raising one knee up to hip height
- Bring the opposite elbow down to touch the knee
- Lower knee and repeat on other side

Perform 2 x 10 (each leg), 30-45 secs rest in-between





Front & Side Raise

- In a standing position, relax your arms by your side.
- Keeping your elbows slightly bent, raise your arms in front of you to shoulder height, keeping your arms straight
- Lower your arms with a controlled motion
- On the next phase, raise the weights to your side, staying in line with your shoulders
- Keep your elbows slightly bent
- Lower your arms with a controlled motion

Perform 2 x 10, 30-45 secs rest in-between



Lawn Mowers

- Stand on one leg with the knee slightly bent
- With your opposite arm, bend from the hips and reach diagonally down towards the floor
- Return to an upright position as you pull elbow back at shoulder-height
- Repeat on the other side

Perform 2 x 10 (each leg), 30-45 secs rest in-between

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Cool down

A good cool down will consist of **5-10 minutes** of gentle pulse lowering activity in the form of light walking (in and around your own home) and stretching. Complete at 'half the pace' of the warm up activities. Complete all exercise for 30-40 seconds with the inclusion of a **5 minute** slow walk.

Heel to Toe Walk



Spine Twists



Thigh Stretch



Shoulder Rotations



Calf Stretch



Side Bend



Appendix 1 – RPE Scale

6	No Exertion
7	
8	
9	Very Light
10	
11	Light
12	
13	Somewhat Hard
14	
15	Hard (Heavy)
16	
17	Very Hard
18	
19	
20	Maximal Exertion

Appendix 2 – Home Weights



Mostly for those who are lifting weights for the first time, **tinned foods** provide a gentle resistance. They allow for a safe and comfortable grip for the user.

You can also use water bottles. Fill them with **water** or **sand** for a **heavier weight**. However, make sure that if you are using two, that both bottles are evenly filled!



You can use 4L milk bottles as another weight progression.

Fill a **clean** and **empty** milk bottle. Make sure that the bottle has a handle and that it is a weight that you can lift comfortably.

Patient Information

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Demonstrations sourced from hep.physiotec.ca

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact the team on 02476 234 570 and we will do our best to meet your needs.

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