



EXERCISE DO'S AND DON'TS

- X Do not** hold your breath during exercise
- * Do** breathe out on exertion
- X Do not** extend your knees over your toes during a stretch
- * Do** perform each stretch on both sides of the body
- X Do not** bounce during a stretch
- * Do** hold each stretch for 10-20 seconds
- X Do not** exercise prior to stretching
- * Do** perform warm-up and stretching exercises prior to exercise
- X Do not** cause pain with each stretch
- * Do** feel the stretch (mild discomfort)


REMEMBER . . .

- Perform 5-10 minutes of warm-up exercises
- Perform at least 30 minutes of aerobic activity
- Perform 5-10 minutes of cool-down exercise
- Take at least 3-5 minutes at the end of your workout to close your eyes and completely relax your body and mind!

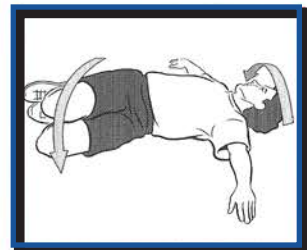
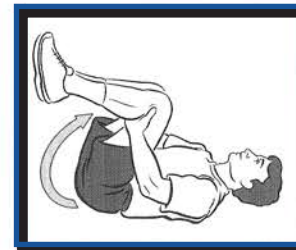
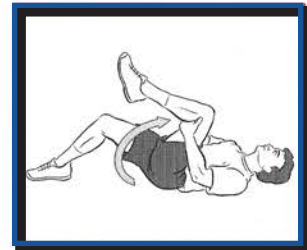
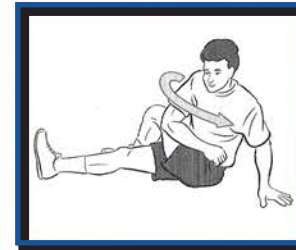


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Outpatient Exercises

WARM UP

Shoulder rolls - Stand with your feet about shoulder-width apart. With arms hanging to your sides, roll shoulders in a forward and circular motion.

Swimming - Stand with your feet about shoulder-width apart. Raise your arms and slowly swing forward in a swimming motion, alternating each arm.

Tricep stretch - Place your right hand on your left shoulder. With your left hand, push your right elbow toward your shoulder. Give the elbow a little extra push. Switch.

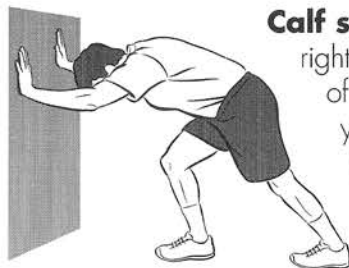
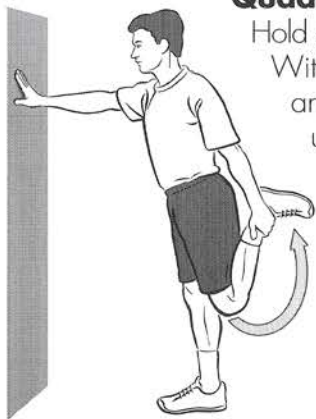
Side stretch - With your feet shoulder-width apart, stretch your right hand up toward the ceiling. Lean to the left. Hold. Switch sides.

Neck flexion - Slowly lower your chin to your chest. Lift your chin back to neutral position. Look to the right, hold. Look to the left, hold.



Quadricep stretch -

Hold on to something steady. With your left hand, lift and hold your left ankle until you feel a stretch in your quadriceps. Switch sides.



Calf stretch - Place your right leg straight in front of your body and place your left leg back (both feet pointing forward). Keeping your back leg straight and your heel on the ground,

bend your right leg until you feel a stretch in your calf muscle. Switch.

March in place - March in place while gently lifting and lowering your arms to your chest (bicep curl), punching up to the ceiling and punching out in front of your body.

STRENGTH TRAINING

Bicep curls - With dumbbells in each hand, palms up, elbows tucked into sides, slowly lift the weights to your chest. Release slowly and repeat.

Upward row - With dumbbells in each hand, thumbs touching, raise the weight to chest level. Keep your elbows higher than your hands.

Lawnmower pulls - Step forward with left leg, toe pointing forward, bend left knee placing left hand on upper thigh. With weight in your right hand, palm facing in, bend elbow and lift weights to hip level.

Squats - With arms straight at sides, weight in each hand, palms facing in, lower your buttocks as if you were sitting in a chair. Do not extend your knees over your toes.

Tricep extensions - With weights by your side, gently raise your arms in an upward motion behind your back. Do not bend forward.

Heel raises - Stand up on the tips of your toes and slowly return to the floor.

Toe raises - Standing straight, with your weight on your heels, lift your toes toward the ceiling (alternate each foot).

COOL DOWN

Hamstring stretch - Sit on the floor with one leg extended in front of your body. Place the opposite foot against the inner thigh. Stretch toward your toe and hold. Alternate sides.

Groin stretch - sit on the floor and pull both feet in toward your groin. Place both heels together and relax your knees down toward the floor.



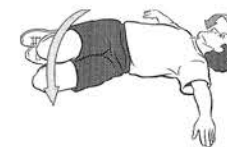
Spinal twist - With one leg extended, place the other foot over your thigh and pull your knee in toward the opposite shoulder.



Modified back stretch - While lying on the floor, pull one knee to your chest and hold behind the knee for support. Rotate ankle.



Lumbar stretch - While lying on the floor, pull both knees in toward the chest and hold behind the knees for support.



Lying spinal twist - While lying flat on the floor, let your knees fall to one side and look over the opposite shoulder.