**Follow these 7 stages to safely return to exercise after COVID-19**

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| Stage 1 – diagnosis, illness & recovery |
| *10 days minimum from positive test or onset of symptoms* |
| Must be cleared by healthcare provider |
| Must be symptom free except for loss of taste & smell |
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| Stage 2 – light exercise |
| *2 days minimum* |
| Walk, light jog, stationary bike, NO LIFTING |
| < 70% maximum heart rate |
| Duration of exercise = < 15 min |
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| Stage 3 – light to moderate exercise |
| *1 day minimum* |
| Movement exercises: light jogging, circuit training, body weight resistance exercises |
| <80% maximum heart rate |
| Duration of exercise = < 30 min |
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| Stage 4 – moderate exercise |
| *1 day minimum* |
| More complex training: sport specific drills, running, resistance training |
| <80% maximum heart rate |
| Duration of exercise = < 45 min |
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| Stage 5 – moderate to intense exercise |
| *2 days minimum* |
| Normal sport & training activities, running, sport-specific drills |
| <80% maximum heart rate |
| Duration of exercise = < 60 min |
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| Stage 6 – RESUME NORMAL TRAINING |
| *1 day minimum* |
| Complete a full day of your typical training routine |
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| Stage 7 – RETURN TO UNRESTRICTED TRAINING & EXERCISE |
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