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| **TRAINING UPPER BODY** | **Date Completed** | **Resting**  **HR/BP/BS** | **Sets/Reps** | **RPE**  **(1-10)** | **Cool Down**  **HR/BP/BS** | **Symptoms Or**  **Concerns** |
| [Image result for shoulder shrugs](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjSt-KtlPvZAhVCQq0KHVzbA8MQjRx6BAgAEAU&url=http://www.painawaydevices.com/exercises-relieve-neck-shoulder-pain/shoulder-shrugs/&psig=AOvVaw3OISWGMSA_-cwRBlsz8hE0&ust=1521643799286677)Shoulder Shrugs |  |  |  |  |  |  |
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| [Image result for wall push ups](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiUg9vDsvvZAhXF4IMKHdLYBB8QjRx6BAgAEAU&url=https://workoutlabs.com/exercise-guide/wall-push-ups-pushups/&psig=AOvVaw0wUkdtXlrKLdU0vqkFe93u&ust=1521651997018802)Wall Pushup |  |  |  |  |  |  |
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|  |  |  |  |  |  |
| Tricep Dips  C:\Users\Milton Cardiac\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\1902EE40.tmp |  |  |  |  |  |  |
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| Shoulder Squeezes  Image result for shoulder blade  squeezes |  |  |  |  |  |  |
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Progression:

**WEEK 1-2**

1 SET,10-15 repetitions

**WEEK 2-3**

2 SETS,10-15 repetitions

**WEEK 3-4**

3 SETS,10-15 repetitions

**WEEK 4-5**

Increase weight

1 SET,10-15 repetitions

Progress your resistance as you feel comfortable with the weight you started with and once the exercise becomes easy. Listen to your body, if you feel pain or discomfort with exercise, discontinue the exercise. Fatigue and mild soreness can be normal with resistance training.

For more information please visit the following link to our My Heart Fitness video which presents how to properly perform several exercises as well as guidelines to exercise safely:

<https://myheartfitness.ca/resistance-training>

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| **TRAINING LOWER BODY** | **Date Completed** | **Resting**  **HR/BP/BS** | **Sets/Reps** | **RPE**  **(1-10)** | **Cool Down**  **HR/BP/BS** | **Symptoms or**  **Concerns** |
| [Image result for CHAIR SQUAT](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjPyfW0vvvZAhUnyoMKHU94DYIQjRx6BAgAEAU&url=https://workoutlabs.com/exercise-guide/chair-squat/&psig=AOvVaw0aGsWw_uEMkZSjczllADKN&ust=1521655444596067)Squats |  |  |  |  |  |  |
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|  |  |  |  |  |  |
| Image result for calf raise  side viewCalf Raises |  |  |  |  |  |  |
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|  |  |  |  |  |  |
| Image result for standing hamstring curl side viewHamstring Curls |  |  |  |  |  |  |
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| [Image result for body weight alternating lunges](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwj8q4vCxPvZAhWC5YMKHQ5LA7AQjRx6BAgAEAU&url=https://workoutlabs.com/exercise-guide/alternating-bodyweight-lunges/&psig=AOvVaw0RQZX60hmHUZkb_FbdwRVW&ust=1521657080785478)Lunges |  |  |  |  |  |  |
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| **TRAINING CORE** | **Date Completed** | **Resting**  **HR/BP/BS** | **Sets/Reps** | **RPE**  **(1-10)** | **Cool Down**  **HR/BP/BS** | **Symptoms or Concerns** |
| [Image result for dead bug exercise](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwj1nKvAxfvZAhUJxoMKHQWaAK4QjRx6BAgAEAU&url=https://workoutlabs.com/exercise-guide/dead-bug/&psig=AOvVaw0-S53BKVXmYbIDGyocIfTK&ust=1521657346919300)Dead Bug |  |  |  |  |  |  |
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| [Image result for bird dog exercise](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwihg5Obx_vZAhUJ6YMKHWPSDJEQjRx6BAgAEAU&url=https://workoutlabs.com/exercise-guide/bird-dogs/&psig=AOvVaw1gGWLrtM_zNajheNiwrHui&ust=1521657805428639)Bird Dog |  |  |  |  |  |  |
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|  |  |  |  |  |  |

10 Maximal Effort

Very Hard

Very, Very Hard

5

6

7

8

9

Rate of Perceived Effort

MY RPE Scale

1. No effort
2. Very light
3. Light
4. Moderate
5. Some-what Hard