|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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 shrugsShoulder Shrugs |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Image result for wall push upsWall Pushup  |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Tricep Dips C:\Users\Milton Cardiac\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\1902EE40.tmp |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Shoulder SqueezesImage result for shoulder blade  squeezes |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

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 SQUATSquats |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Image result for calf raise  side viewCalf Raises |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Image result for standing hamstring curl side viewHamstring Curls |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Image result for body weight alternating lungesLunges |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **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 exerciseDead Bug |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Image result for bird dog exerciseBird Dog |  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

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