

APPROXIMATE TIME
TO COMPLETE

28
MINUTES

For Patients with ICD's please note "Alternative Exercise Suggestions for Patients with an ICD" within each exercise listed below. A general rule of thumb is to avoid exercises on the same side of the ICD, that bring the arm over head or the arm out laterally at shoulder level extending behind the shoulder.

Warm Up

Complete 5 minutes of Walking or Stationary Bike.

Or complete the following:

	STRETCH	SETS	REPS	TEMPO
1	Twist 3: Standing	1	As many as you can complete with ease in 1 min	n/a
2	Standing Side Stretch	1	10	Slowly Inhale at Centre: Exhale as you lower to each side
3	Hamstring Curl	1	20	Slow to Quick

Breathing & Stretches

It's important to never force a stretch but to relax into it. Forcing a stretch can make it ineffective. It's best to breathe deeply and only move into it deeper when the muscle opens.

While stretching, take notice of how tight the muscle feels. Only stretch tight muscles. It's also helpful to notice the tighter side within each muscle group. Stretching only the tight side can help bring about balance.

P Progression: When you have mastered each exercise, move to the "progression" listed below each exercise.

	STRETCH	SETS	REPS	TEMPO
1	Diaphragmatic Breathing	1	10-20	3 count Inhale: 3 count exhale
2	Lying Lumbar Rotation	1	10	Exhale knees to one side: Inhale knees to center
3	Cat Cow	1	10	Exhale Cat: Inhale Cow
4	Hip Opener Stretch	1	1	Hold 45 sec on each leg

5	Hamstring Stretch with Chair	1	1	Hold 45 sec on each leg
6	Pec Stretch	1	1	Hold 45 sec on each arm

Strengthening

P Progression: When you have mastered each exercise, move to the "progression" listed below each exercise.

	EXERCISE	LOAD	SETS	REPS	TEMPO	REST
1	Deep Core Stabilizer: 1	4 point Table Top Position	2	6	Hold 10 sec	30 sec
p	Deep Core Stabilizer 2: Arm and Opposite Leg	Opposite Arm to Leg	2	3 on each side	Hold 10 sec	30 sec
2	Hip Extension 1: Both Feet Flat	Both Feet Flat	2	1	Hold 10 sec, working up to 30 sec	45 sec
p1	Hip Extension 2: Single Leg with Opposite Knee	One knee in towards chest	2	1 on each side	Hold 10 sec, working up to 30 sec	45 sec
p2	Hip Extension 3: Single leg with Opposite Leg Extended From Knee	Leg Extended from knee	2	1 on each side	Hold 10 sec, working up to 30 sec	45 sec
3	Cobra 1: Breathing	Breathing	2	10	Inhale to rise: Exhale to lower	30 sec
p	Cobra 2: Static	Body Weight Holding	1-2	1	Hold 30 sec to 3 mins	30 sec
4	Lower Abdominal 1: Knee Lift	Knees bent at 70 degrees as a beginner, increasing to 100 degrees as you become stronger.	2	6	Hold 10 sec: Rest 5 sec	30 sec
p	Lower Abdominal 2: Walking	Knees bent, feet flat on floor. To increase intensity, move the feet further away from the body	2	10 on each leg	2 Life: 2 Lower	30 sec.