

APPROXIMATE TIME
TO COMPLETE

45
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	Knee to Elbow Cross Over	1	20	Slow and Controlled
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
4	Forward Bend Roll Up	1	6	Slowly

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 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	Deep Breathing Over Roller	1	1	20 Belly Breaths. 3 count inhale: 3 count exhale.
2	Thread the Needle	1	1	Hold 45 sec on each leg
3	Hip Opener Stretch	1	1	Hold 45 sec on each leg
4	Hamstring Stretch with Chair	1	1	Hold 45 sec on each leg

5	Pec Stretch	1	1	Hold 45 sec on each arm
6	Sarah Stretch	1	10	Inhale to rise: Exhale as you push back and lower chest
7	Calf Wall Stretch	1	1	Hold 45 sec each leg

Strengthening

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

	EXERCISE	LOAD	SETS	REPS	TEMPO	REST
1	Seated Postural Trainer	Single leg to lift	1	1	30 sec each leg	n/a
2	Back Extension Over Ball	Body Weight	2	10	2 Lower: 2 Rise: 1 Hold	45 sec
3	Side Plank 1: Elbow / Knee	Elbow to knee	2	1	Hold 5 to 15 secs on each side	45 sec to 1 min depending on exercise response
p1	Side Plank 2: Elbow / Feet	Elbow to Feet	2	1	Hold 5 to 15 sec on each side	45 sec to 1 min depending on exercise response.
p2	Side Plank 3: Leg Lift	Hand to Feet	2	1	Hold 5 to 15 sec on each side	45 sec to 1 min depending on exercise response
4	Squat 1: Body Weight Squat	Swiss Ball Against Wall	2	8-12	2 Lower: 1 Hold: 2 Rise	1 min or longer depending on exercise response
p1	Squat 2: Front Loaded	5-20lbs	2	8-12	2 Lower: 1 Hold: 2 Rise	1 min or longer depending on exercise response
p2	Squat 3: Advanced Front Loaded	5-20lbs	2	8-12	2 Lower: 1 Hold: 2 Rise	1 min or longer depending on exercise response