



Warming Up and Cooling Down

Your exercise session should include a warm up, an aerobic training period and a cool down

What is a Warm Up?

- Any light exercise – Ideally a light version of your intended exercise (If you are walking, walk at a slower pace, if swimming, start with pool walking)

Cardiac Rehab General Warm Up Routine

Legs:

1. March on the spot
2. Side Stepping
3. Leg lifts to the back one at a time, not alternating
4. Leg lifts to the side, alternating legs
5. Squats or lunges
6. Knee lifts – marching with high knees, slightly out to the side

Trunk:

1. Punching, arms forward parallel to the floor
2. Punching to the sides
3. Punching up towards the ceiling
4. Arm circles, clockwise
5. Arm circles, counter clockwise

Arms & Legs:

1. Repeat the arm exercises 1 to 7 above while marching on the spot

What is a Cool Down?

- Similar type of exercise as your warm up, for 3-5 minutes
- An ideal time to do some stretching

Why Cool Down?

- To gradually slow down your body's systems to be in sync with each other, especially your heart rate and blood pressure
- To help reduce the likelihood of symptoms and irregular heartbeats
- To help prevent injuries