

Mongolian Cardiac Rehab Program

Start with 5 minutes of warm up, to loosen up your joints, warm up muscles to prevent injury and start circulation to ease your heart into the activity. Our group warm up (found on the Cardiac Rehab website, via <https://www.pefht.ca/cardiac-rehab-program-peach-c7.php>) does a good job of limbering all the major joints and working the challenge up gradually.

Each exercise station will take 3 minutes followed by 30 seconds rest. Keep moving during your rest (walk on the spot, drink water etc.)

1. Walking - Walk briskly enough that you are at a 3-4/10 on the exertion scale. For advanced participants you may have to throw in a few stairs.
2. Biceps curls - Do 10 repetitions on each side with an appropriate weight. Repeat a second and third set if time allows
3. Cycling - At home, you modify this to sitting on a chair, bracing yourself with your hands or laying down and cycling in the air. You may need to rest a few times throughout the 3 minutes.
4. Sit-to-stand - Slowly stand up and sit down. Keep your pace slow and remember to breathe so you can last for 3 minutes! Start by using hands on side of chair/armrests before trying sit-to-stand with no hands.
5. Wall push ups - Stand a few feet away from a wall with your hands shoulder width apart on the wall. Keep your body completely flat and slowly lower yourself towards the wall, like a push up. DON'T BEND at the waist. The further your feet are back, and the slower you go the harder it is. Make sure you have grippy footwear on!
6. Marching on the spot. For extra balance challenge - alternate touching hand to opposite knee. The higher you lift your knee the harder it is.
7. Shoulder Exercises - hold appropriate weight and lift arm straight up in front (one side then the other), then lift straight arm out to the side (alternating sides)
8. Calf raises - Rise up on your toes (hold on to something if needed for balance). If extra challenge is needed, progress to jogging on the spot.
9. Step ups - on the bottom stair, hearth or a footstool. Make sure you have a railing/hand hold if needed.

10. Floor mats: Sit-ups. This should be the last exercise completed. Don't hold your breath during sit ups, take rests as needed and take care getting up. If it is not easy for you to get on the floor, try modifying them to do on a bed instead. Sometimes on a soft surface it is easier to slowly bring both knees towards your stomach rather than lifting both shoulders off the bed. If this is still too challenging bring one knee up at a time, and let them down one at a time.

Cool down, with slow walking or any other light activity for 3-5 minutes.

Relaxation for 10-15 minutes in a sitting or lying position. This could be completed with relaxing traditional Mongolian music, or through imagery, where the participant visualizes a peaceful place. I took that part word for word out of their manual!

Have fun and modify it to suit you. I'd love to hear your feedback about how you did!

Nancy Lock, PT, Cardiac Rehab