

Strengthening Exercise

Resistance training can help restore strength and balance after a cardiac event. It also helps to positively influence other risk factors such as metabolism and cardiovascular function. Strength exercises can also help you perform their daily activities with confidence.



Lateral Step Down- Weight through your heels, lower slowly, without touching opposite foot to the ground. Do not allow your knee to cross over your toes. **Perform 2 sets of 15. Repeat to other side.** **Should feel in the Quadriceps muscle.



Forward Step Down- Weight through your heels, lower slowly to lightly touch opposite foot to the ground. Keep hips level. **Perform 2 sets of 15. Repeat to other side.** ** Should feel in the hips and Quadriceps



Clam: Lay on right side- Hips and knees bent to waist height. Thera-Band® around thighs. Keeping feet together, raise left knee up and slowly lower down. Do not let your trunk lean backwards. **Perform 2 sets of 15. Repeat on other side.** **Should feel in outer hip.



Side Lying Leg Lifts- Lay on right hip and bend hip/knee to waist level. Keeping left leg straight and in-line with your trunk, raise your leg up and down slowly. **Perform 2 sets of 15. Repeat on other side.** ** Should feel in outer hip.



Planks- Start in a push up position, but with the weight through your elbows. Keep hips and abdominal muscles tight. Create a straight line from your head to your heels. **Hold 30 seconds. Perform 10 times.** Do not let your hips sag or raise higher than your head. **Should feel in abdominals and legs.



Single Leg Bridge- Lay on your back with knees bent, bring heels toward your hips. Raise right leg. Keeping weight through your left heel and squeezing left hip muscles, raise your hips up. Slowly lower. Do not arch your back to lift your hips. **Perform 2 sets of 15. Repeat on other side.** **Should feel in hips.



Standing Kicks- Place band around ankles. Lift right leg slightly off the ground. Keeping left hip muscles tight and level, kick forward 15x, out to the side 15x and backwards 15x. This is one set. **Perform 3 sets. Repeat on opposite side.** **Should feel in hips, legs and ankles

COOL DOWN:

Leave enough time at the end of your session to cool down properly. Gradually lower your pace during the cool down. The goal is to bring your body back to its resting state.

- Cooling down reduces the risk of disturbances in your heart rhythm that could happen if you stop exercising suddenly.