



Home Exercise Example – Cardio Circuit.



BEFORE ATTEMPTING THIS HOME EXERCISE CIRCUIT PLEASE ENSURE:

1. You have no changes in your symptoms, health or medication.
2. You have eaten today (but not eaten within the last hour) if you are diabetic ensure blood sugars are within your advised normal range.
3. If you have any changes in symptoms, health or medication please do not exercise and speak to your GP or Phase 4 instructor (Jen/Ade) before attempting any exercise.
4. Please ensure you have warmed up prior to carrying out this workout – (Please refer to warm up videos or pdf document on our website www.have-a-heart.co.uk)
5. Please ensure you COOL DOWN after this workout (Follow the cool down video on our website)

**STOP IF YOU HAVE ANY CHEST PAIN, SEVERE
SHORTNESS OF BREATH, DIZZINESS OR MUSCLE
CRAMP**

This workout has been designed for those wishing to complete a more cardiovascular based session (feeling more out of breath, and working up more of a sweat etc.)

Please make sure you are pacing yourself during these exercises – if you are following on the video you do not need to keep up with your instructor.

Think about your RPE (how hard you are working – ideally we would like you to be at no more than a 12-13 during your workout)

Please follow the list of exercises below and complete at your own pace.

Complete all exercises at least once. If you feel you would like to do more, complete a further 2 or 3 times before completing your cool down.



Rating of Perceived Exertion (RPE)

6	No Exertion at all	(Equivalent to sitting)
7	Extremely Light	(Equivalent to standing still)
8		
9	Very Light	
10		
11	Light	(You should be able to sing)
12		
13	Somewhat hard	(You should still be able to talk)
14		
15	Hard	(Talking will now be difficult)
16		
17	Very Hard	
18		
19	Extremely Hard	
20	Maximal Exertion	(Complete Fatigue)

Ref: Borg G.E (1985)

An introduction to Borg's RPE Scale, Ithca, New York



EXERCISES: (Numbers relate to progressions or choices)

Marching on the spot (30 sec to 2 mins)...then pick exercise 1, 2, 3 or ALL.

- 1. Side steps x 8 (16 total)**
- 2. Continue side stepping bending knees into a squat step motion x 8 (16 total)**
- 3. Double squat steps to the side x 8 (16 total)**

Marching on the spot (30 sec to 2 mins)...then pick exercise 1, 2 or ALL.

- 1. Pump arms through and take knees higher x 8 (16 total)**
- 2. Alternate elbows to knees* x 8 (16 total)**
*Lower intensity option for elbows to knees – hold onto a chair for stability and touch elbows and knees on one side 8 times then repeat on the other side 8 times

Marching on the spot (30 sec to 2 mins)...then complete as many of exercises 1 to 5.

- 1. Boxing jab cross x 8 (16 total) – wide stance with feet**
- 2. March (10 seconds)**
- 3. Boxing hooks x 8 (16 total) – wide stance with feet and turn torso as you hook**
- 4. March (10 seconds)**
- 5. Boxing upper cuts – wide stance with feet, soft bend in the knees as you punch upwards – don't punch any higher than the face**

Marching on the spot (30 sec to 2 mins)...

- 1. Half stars alternating same arm and same leg out to the side.**
- 2. Star jumps/jumping jacks* x 16 total (keeping knees soft and landing on balls of the feet)**



Marching on the spot (30 sec to 2 mins)... then pick exercise 1, 2, 3 or ALL.

- 1. Side steps x 8 (16 total)**
- 2. Add in a hamstring curl (kick your bum) x 8 (16 total)**
- 3. Double side step + hamstring curl x 8 (16 total)**

Marching on the spot (30 sec to 2 mins)...then pick exercise 1, 2 or ALL.

- 1. Transfer weight side to side x 8 (16 total) – knees soft**
- 2. Add in arms (create a rainbow with your arms) x 8 (16 total)**

Marching on the spot (30 sec to 2 mins)...then complete as many of exercises 1 to 5.

- 1. Box steps x 8 - leading with right leg**
- 2. March 10 seconds**
- 3. Box step x 8 - leading with left leg**
- 4. March 10 seconds**
- 5. Repeat x 1**

WELL DONE EVERYONE 😊

PLEASE FEEL FREE TO REPEAT THIS CIRCUIT A FURTHER 1-2 TIMES IF YOU WOULD LIKE TO FOLLOWED BY YOUR COOL DOWN ROUTINE 😊

IF 1 CIRCUIT IS ENOUGH FOR YOU TODAY THEN PLEASE COMPLETE YOUR COOL DOWN ROUTINE 😊

Progression: Work towards completing this set of exercises up to 3 times before completing your cool down routine.

