

30 Day Cardiac Rehab Exercises



1. 20 Squats 20 Push Ups 20 Side taps / Jumping Jacks 20 Leg Curls	2. 20 Side Steps 20 Knee lift 20 Lunges 20 Arm curl and Overhead push while marching	3. Daily outside exercise Stretching	4. Rest	5. 20 Step Ups 20 Tricep Dips / Push Ups 20 Side taps / Jumping Jacks 20 Leg Curls
6. 20 Squat & Lunge 20 Calf Raise 20 Toe tap behind 30 March / Jog on the spot	7. Repeat Day 1 & 2	8. Rest	9. Daily outside exercise Stretching	10. 25 Squats 25 Push Ups 25 Side taps / Jumping Jacks 25 Leg Curls
11. 25 Side Steps 25 Knee lift 25 Lunges 25 Arm curl and Overhead push while marching	12. Rest	13. Repeat Day 5 & 6	14. 25 Step Ups 25 Tricep Dips / Push Ups 25 Side taps / Jumping Jacks 25 Leg Curls	15. 25 Squat & Lunge 25 Calf Raise 25 Toe tap behind 35 March / Jog on the spot
16. Rest	17. Repeat Day 10 & 11	18. Daily outside exercise Stretching	19. 30 Squats 30 Push Ups 30 Side taps / Jumping Jacks 30 Leg Curls	20. Rest
21. 30 Side Steps 30 Knee lift 30 Lunges 30 Arm curl and Overhead push while marching	22. Daily outside exercise Stretching	23. Repeat Day 14 & 15	24. Rest	25. 30 Step Ups 30 Tricep Dips / Push Ups 30 Side taps / Jumping Jacks 30 Leg Curls
26. 30 Squat & Lunge 30 Calf Raise 30 Toe tap behind 45 March / Jog on the spot	27. Repeat Day 19 & 21	28. Rest	29. Repeat Day 25 & 26	30. Daily outside exercise Stretching

Complete 15 mins of Warm-Up exercises before repeating each block of exercises 1—2 times, followed by a 10 min Cool Down

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