

HOME EXERCISE GUIDELINES

Phase I

Exercise at least 6 days a week.

1. Check your pulse and record it. This is your resting pulse rate.
2. Warm up immediately before exercising
 - A. Walk slowly for 5 minutes
 - B. Gentle stretching and movement of your arms and legs (see attached handout)
3. Exercise Program (walking, bicycling, treadmill, etc)

Week	Total Minutes Of Exercise	Minutes of Exercise Each Set	Minutes of Rest Between Each Set	Total Number of Sets
1	10-15	3-5	3-5	3-4
2	12-20	5-7	3-5	3
3	15-25	7-10	3-5	3
4	20-30	10-15	2-3	2
5	25-40	12-20	2	2

6. Continue with 2 reps of continuous exercise, with one rest period, or progress to a single continuous bout of exercise. Progress to Phase II.

While exercising:

*Check your pulse toward the end of the exercise session. It should not be more than ___ beats per minute above your resting pulse rate.

*Recite the Pledge of Allegiance periodically: you should be able to recite it without feeling out of breath while exercising.

*You should only be working "**fairly lightly**" at any time during (Score of 11 to 12 on the Rate of Perceived Exertion Scale).

4. Cool down
 - A. Slow down gradually after walking the allotted time.
 - B. Repeat the stretching and limbering exercises done during the warmup.
 - C. Measure your pulse. It should be less than it was during exercise

Remember, these are guidelines. You do not have to complete the program in 6 weeks. Progress gradually and safely.

Phase II
Exercise at least 6 days a week.

1. Check your pulse and record it. This is your resting pulse rate.
2. Warm up immediately before exercising
 - A. Walk slowly for 5 minutes
 - B. Gentle Stretching and movement of your arms and legs (see attached handout)
3. Exercise Program (walking, bicycling, treadmill, etc)

Week	Total Minutes Of Exercise	Minutes of Exercise Each Set	Minutes of Rest Between Each Set	Total Number of Sets
7+	30-40	15-40	2	1-2

While Exercising...

*Check your pulse during the exercise session. It should not be more than ___ beats per minute above your resting pulse rate.

*Recite the Pledge of Allegiance periodically: you should be able to recite it without feeling out of breath while exercising.

*You should only be working "**somewhat hard**" at any time during exercise (Score of 13 to 14 on the Rate of Perceived Exertion Scale).

4. Cool down
 - A. Slow down gradually from brisk to slow walking.
 - B. Repeat the stretching and limbering exercises done during the warmup.
 - C. Measure your pulse. It should be less than it was during exercise.

Remember, these are guidelines. Progress gradually and safely.