

Heart Disease & Heart Attack Recovery

Workout 1 of 4: Full Body Circuit | Beginner | 15 min warm-up + 30 min workout + 15 min abs

LEVEL	TIME	FOR	EQUIPMENT
Beginner	60 minutes	Heart disease / after a heart attack	Sturdy chair, light resistance band, light dumbbells (1-5 lb), mat, wall

Workout 1 of 4: Full Body Circuit. This session is for people with stable heart disease who have been cleared to exercise, ideally after finishing a supervised cardiac rehab program. It rebuilds strength and stamina slowly. Keep your effort light to moderate (about 3-4 out of 10). You should be able to talk easily the whole time. Breathe out on every effort.

Before you start

- Do not start without your cardiologist's or cardiac rehab team's approval, and follow any heart rate or effort limits they gave you.
- If you have been prescribed nitroglycerin, keep it with you during every workout.
- Skip today's workout if you have new or worsening chest pain, swelling, or unusual tiredness, and contact your doctor.
- Avoid heavy lifting, straining and holding your breath. Light weights and more reps are the goal.

Stop right away and get help if you feel

- Chest pain, pressure or tightness
- Dizziness, lightheadedness or feeling faint
- Unusual shortness of breath
- An irregular, racing or pounding heartbeat
- Pain spreading to the arm, jaw, neck or back. Call 911 if chest pain does not go away with rest.

This workout is general fitness guidance from Conquer Boxing Fitness & Health and is not medical advice. It does not replace care from your doctor. Always follow your healthcare provider's instructions about exercise, and stop any movement that causes pain.

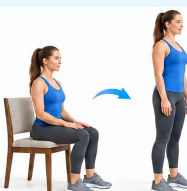
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WARM-UP

15 MIN

Format: Take your time. A long, gradual warm-up is especially important for your heart.

#	Photo	Exercise	Dose	How to do it
1		March in place with arm swings	3 min	Lift knees to a comfortable height and swing arms naturally. Breathe steadily.
2		Shoulder rolls and arm circles	2 min	Roll shoulders back 10 times, forward 10 times, then small arm circles both directions.
3		Side step-touch	2 min	Step side to side, tapping feet together. Add a light reach across the body as you go.
4		Supported leg swings	2 min	Hold a chair or wall. Swing one leg forward and back, then side to side, 30 seconds each way per leg.
5		Light shadowboxing	3 min	Soft knees, hands up. Easy jab-cross combinations at a relaxed pace. Exhale on every punch.
6		Slow sit-to-stand	3 min	Stand up from a chair and sit back down slowly, 1 minute on and 30 seconds easy marching, twice. Exhale as you stand.

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MAIN WORKOUT

30 MIN

Format: Circuit. Complete all 6 exercises, rest 2-3 minutes, and repeat for 3 rounds (about 8 minutes per round). Rest 45 seconds between exercises.

#	Photo	Exercise	Dose	How to do it
1		Chair squat	10-12 reps	Sit back toward the chair until you lightly touch it, then stand tall. Exhale on the way up.
2		Wall push-up	8-10 reps	Hands on the wall at shoulder height. Lower chest toward the wall, exhale as you push away.
3		Resistance band row	10-12 reps	Light band anchored at chest height. Pull elbows back, squeeze shoulder blades. Exhale as you pull.
4		Standing calf raise	10-12 reps	Hold a chair for balance. Rise onto your toes, lower slowly.
5		Light dumbbell curl	10-12 reps	Elbows by your sides. Curl up, lower slowly. Exhale as you curl.
6		Easy march or shadowboxing	1 min	Choose one. Keep it relaxed, like a brisk walk, not a sprint.

Lift only what you can move 12 times without straining. Your arms should never go above shoulder height while holding weights.

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ABS & CORE

15 MIN

Format: Easy pace. Work for the time shown, rest 20 seconds. Do exercises 1-9 twice (about 12 minutes), then finish with the cool-down. Skip any move that hurts your back or neck.

#	Photo	Exercise	Dose	How to do it
1		Crunches	20 sec	Knees bent, hands lightly behind your head. Exhale and lift shoulders off the mat, lower slowly. Do not pull on your neck.
2		Heel taps	20 sec	On your back, knees bent, shoulders slightly lifted. Reach side to side to tap each heel.
3		Bent-knee leg raises	20 sec	On your back, hands under your hips. Keep knees bent and lift them toward your chest, then lower slowly. Low back stays on the mat.
4		Russian twists	20 sec	Sit with knees bent, heels on the floor, lean back just a little. Turn your shoulders side to side, hands together, no weight.
5		Seated figure 8	20 sec	Sit with knees bent, lean back slightly. Pass a light ball (or nothing) under one knee and around the other in a figure 8.
6		High plank	15 sec	Hands on a chair seat or bench, body straight. Hold 15 seconds and keep breathing.
7		Side plank, each side	10 sec each	From your knees, hold 10-15 seconds each side. Keep breathing; stop if you feel strain.
8		Toe touches	20 sec	On your back, knees bent and lifted over your hips. Exhale and reach hands toward your shins.
9		Sit-ups with punches	20 sec	Half sit-up only. Roll up, throw an easy jab-cross, roll down slowly. Exhale on every punch.
10		Cool-down: breathing and stretch	3 min	Slow breaths in for 4, out for 6. Stretch chest, hamstrings, hips and calves. Stand up slowly.