

HEART HEALTH PROGRAM

Level 1

INSTRUCTIONS

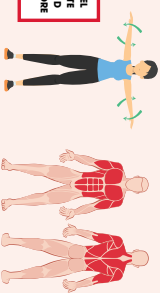
Pick one:

- Do one exercise in each group by following arrows across (total of 5 exercises)
- OR:
- Do all exercises by working down each column (total of 3 exercises per column)

WARM-UP

ARM CIRCLES

MUSCLES USED



YOU SHOULD FEEL YOUR HEART RATE INCREASING AND WARMED UP BEFORE CONTINUING

Stand with feet slightly apart and arms straight out to the sides. Swing arms in circular motions.

Do 30 circles

NEXT LEVEL
Try small fast circles OR big fast circles OR flopping arms up and down.

RUNNING ON THE SPOT MUSCLES USED



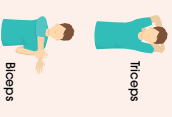
Run on the spot as fast as you can till you feel warmed up or an increase heart rate.

Count slowly for 30 - 60 seconds

NEXT LEVEL
Try running on the spot with high knees OR kick your bottom with your feet!

STRETCHES

Triceps



STRETCHES

Quadriceps



Biceps

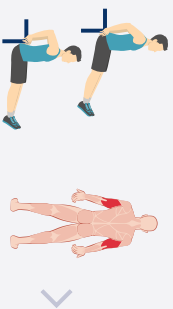
Hamstrings

NEXT LEVEL
Hold each stretch for 30 seconds to allow for stretch to be effective.

ARMS

TRICEP DIPS

MUSCLES USED



Face away from your bed, place hands behind you onto the bed. Place your legs out straight, push up straightening your arms and lower back down.

Do 2 lot of 10 times

NEXT LEVEL
Try same exercise but lift one leg off the ground.

WALL PUSH-UPS

MUSCLES USED



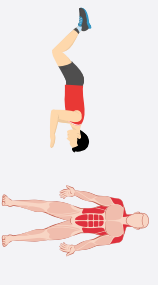
Stand slightly back facing wall, place both hands on wall at shoulder level. Push into wall in push up position and return to starting position.

Do 2 lots of 10 times

NEXT LEVEL
Half push up on floor. Start in push-up positions on your knees. Press down into ground, bending your elbows.

HALF PLANK

MUSCLES USED



Start in plank position on ground with elbow and knees touching the ground. Hold this position.

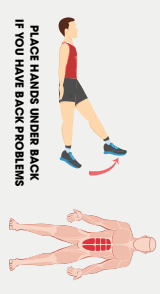
Count slowly for 60 seconds

NEXT LEVEL
Start in plank position with elbows and feet on the ground. Hold this position.

CORE

FUTTER KICKS

MUSCLES USED



Lie on your back with legs out straight, do small kicks up and down.

Do 2 lots of 40 kicks

NEXT LEVEL
Try kicking faster OR doing bigger kicks.

RUSSIAN TWISTS

MUSCLES USED



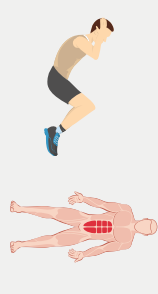
Start in sitting with knees bent and feet flat on the ground. Twist arms from side to side bringing your trunk around.

Do 2 lots of 10 times

NEXT LEVEL
Try the same exercise with feet off the floor.

CRUNCHES

MUSCLES USED



Lie on back with knees bent, place hands on the front of your legs, slide hand up leg and crunch stomach (this should be a small movement)

Do 2 lots of 20 times

NEXT LEVEL
Complete the same exercise, however, place your legs vertically up to the sky.

LEGS

SIT TO STAND

MUSCLES USED



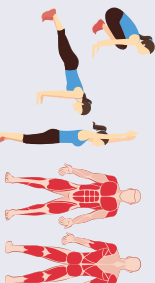
Start seated, knees in line with toes and feet slightly forward. Bring your nose over toes and push through your legs to stand up.

Do 2 lots of 10 times

NEXT LEVEL
Try the same exercise with arms out in front OR from a chair seat OR by double leg squat.

SLOW BURPPES

MUSCLES USED



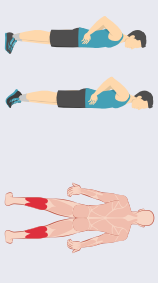
Start standing up, lower to ground into push up position, come back up and rise onto toes with arms up. Do not jump.

Do 1 lot of 10 times

NEXT LEVEL
Try the same exercise with a jump instead of rise on to toes.

CALF RAISES

MUSCLES USED



Stand facing wall with feet shoulder width apart, rise up onto toes and lower.

Do 2 lots of 10 times

NEXT LEVEL
Try the same exercise on one leg or with a bent knee as this works deep calf muscles.

COOL-DOWN

WALKING ON THE SPOT

MUSCLES USED



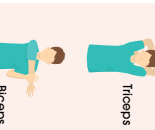
Walk around to loosen your muscles after exercising.

Walk on spot until heart rate starts to drop (2-5mins)

NEXT LEVEL
This will help prevent injuries after using muscles you may not have used in a while.

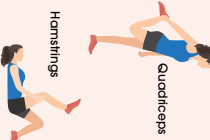
STRETCHES

Triceps



STRETCHES

Quadriceps



Biceps

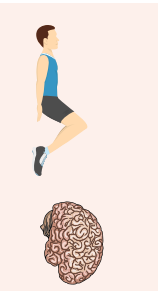
Hamstrings

Hold and count to 30 seconds once on each side

NEXT LEVEL
Hold each stretch for 30 seconds to allow for stretch to be effective.

MINDFULNESS

MUSCLES USED



Lie on your bed, close your eyes and block out your surroundings. Take a moment to yourself.

Do this until you have cleared your mind and you are relaxed (2-5 mins)

NEXT LEVEL
This is good for mental health to stop and participate in mindfulness.



PHYSICAL ACTIVITY IS GOOD MEDICINE

- Boosts your energy
- Helps you think more clearly
- Helps manage blood pressure
- Reduce stress and anxiety
- Leads to a healthy heart

REMEMBER

- Drink water and stay hydrated
- Keep your exercise towel handy
- Time your exercise prior to showers if you are worried about hygiene
- Change into comfy clothes



ENJOY BETTER SLEEP FOLLOWING EXERCISE



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HEART HEALTH PROGRAM

Level 2

INSTRUCTIONS

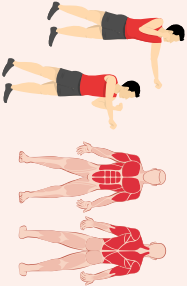
Pick one:

- Do one exercise in each group by following arrows across (total of 5 exercises)
- OR:
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WARM-UP >

AIR PUNCHES

MUSCLES USED



Stand up tall with feet shoulder width apart, punch the air by straightening one arm and alternate arms.

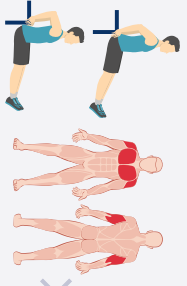
Do 30 punches

NEXT LEVEL
Try completing 5 or punches followed by a high knee then alternate

ARMS >

TRICEP DIPS

MUSCLES USED



Face away from your bed, place hands behind you onto the bed. Raise your legs but straight and push up straightening your arms. Lower back down and repeat.

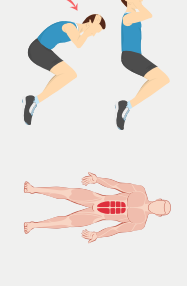
Do 3 lots of 10 times

NEXT LEVEL
Try the same exercise but raise one foot off the ground.

CORE >

SIT UP

MUSCLES USED



Start lying down with knees bent and feet on the ground. Bring body up into sitting position. Repeat.

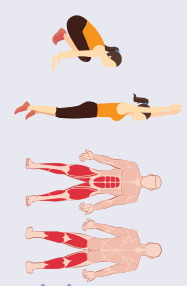
Do 2 lots of 20 times

NEXT LEVEL
Now when lying down bring hands above head. And when sitting up again place hands above head.

LEGS >

JUMP SQUAT

MUSCLES USED



Start in standing, jump up into the air, land in a squat position and lower into a squat.

Do 2 lots of 10 times

NEXT LEVEL
Try the same exercise, however, now bring your arms straight above head when you jump into the air.

COOL-DOWN >

WALKING ON THE SPOT

MUSCLES USED



Walk around to loosen your muscles after exercising.

Walk on spot until heart rate starts to drop (2-5mins)

NEXT LEVEL
This will help prevent injuries after using muscles you may not have used in a while.

STAR JUMPS

MUSCLES USED



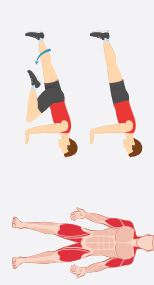
Stand with feet together and arms by your side. Jump upwards and straighten arms and legs outwards

Do 1 lot of 20 times.

NEXT LEVEL
Incorporate a double leg squat after each star jump.

MOUNTAIN CLIMBERS

MUSCLES USED



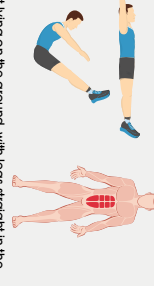
Start in push up position, bring knee towards the opposite shoulder repeat alternating legs.

Do 2 lots of 20 times

NEXT LEVEL
Try same exercise bringing bent knee outwards, similar to window wipe.

V-SNAPS

MUSCLE GROUP



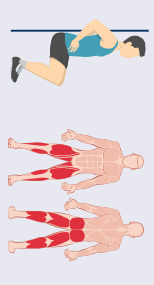
Start lying on the ground, with legs straight in the air. Bring arms into a 'v' shape, rise through body to touch toes.

Do 2 lots of 10 times

NEXT LEVEL
Try same exercise but lower both legs and arms each repetition.

WALL SITS

MUSCLES USED



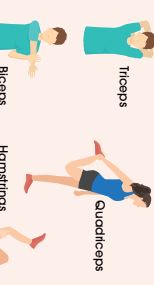
Start against the wall in a squat position with feet shoulder width apart. Lower down into sitting position and hold.

Count slowly to 60

NEXT LEVEL
Try same exercise lower to ground.

STRETCHES

STRETCHES



Hold and count to 30 seconds once on each side

NEXT LEVEL
Hold each stretch for 30 seconds to allow for stretch to be effective.

PHYSICAL ACTIVITY IS GOOD MEDICINE

- Boosts your energy
- Helps you think more clearly
- Helps manage blood pressure
- Reduce stress and anxiety
- Leads to a healthy heart



REMEMBER

- Drink water and stay hydrated
- Keep your exercise towel handy
- Time your exercise prior to showers if you are worried about hygiene
- Change into comfy clothes



ENJOY BETTER SLEEP FOLLOWING EXERCISE



MINDFULNESS

MUSCLES USED



Lie on your bed, close your eyes and block out your surroundings. Take a moment to yourself. Do this until you have cleared your mind and you are relaxed (2-5 mins)

Do 2 lots of 10 times

NEXT LEVEL
This is good for mental health to stop and participate in mindfulness.

BURPES

MUSCLES USED



Stand in standing, lower to ground into push up position, come back up and jump into the air with arms up. Repeat.

Do 2 lots of 10 times

NEXT LEVEL
Try the same exercise but incorporate push-ups during the lower to the ground component.

PUSH UPS

MUSCLES USED



Start in push up position, lower body to the ground and bend elbows. Focus on keeping your back straight and bottom down.

Do 2 lots of 15 times.

NEXT LEVEL
Complete push-up, but now incorporate a clap when you rise up onto a straight arm.

STRETCHES

STRETCHES



Hold and count to 30 seconds once on each side

NEXT LEVEL
Hold each stretch for 30 seconds to allow for stretch to be effective.

**FINDING THIS TOO HARD?
TURN OVER TO TRY LEVEL 1**