

# Program Card

Add the Time and RPE from each walk and warm up activity you complete throughout the week below.

## WALK/WARM UP

Activities	Day 1 Time/RPE	Day 2 Time/RPE	Day 3 Time/RPE	Day 4 Time/RPE	Day 5 Time/RPE	Day 6 Time/RPE	Day 7 Time/RPE
A walk as per your plan							
Walking/Jogging on the spot							

## EXERCISES

### STRETCHES 1

Hold for at least 30 seconds - pain free. Tick off the stretches you complete throughout the week below.

Lower Body	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1. Hamstring stretch							
2. Thigh stretch							
3. Calf stretch							
4. Glut stretch							

### STRETCHES 2

Hold for at least 30 seconds - pain free. Tick off the stretches you complete throughout the week below.

Upper Body	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
5. Shoulder stretch							
6. Tricep stretch							

### STRENGTH EXERCISES

Sets and Reps as per your plan and remember to complete a warm up activity first.  
If you haven't walked beforehand, warm up first.

Exercises	Day 1 Sets/Reps	Day 2 Sets/Reps	Day 3 Sets/Reps	Day 4 Sets/Reps	Day 5 Sets/Reps	Day 6 Sets/Reps	Day 7 Sets/Reps
1. Sit to stand squat							
2. Calf raise							
3. Step up							
4. Single leg balance							
5. Wall push up							
6. Bridge or Pelvic Tilt							

If you have any questions about your plan, reach out to [walking@heartfoundation.org.au](mailto:walking@heartfoundation.org.au)

Remember, if you experience any chest pain, have difficulty breathing or become unwell during any physical activity, **STOP** and seek advice from your doctor or health care team. **If chest pain continues for 10 mins or more please call 000.**