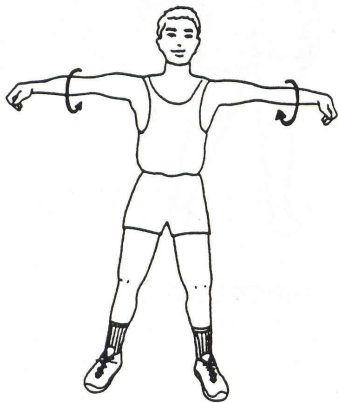
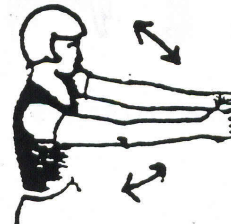
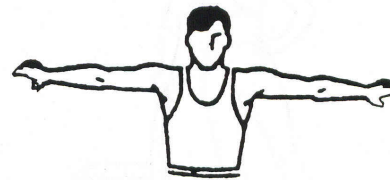


Cardiac Rehabilitation Warm-Up Exercises

ALL EXERCISES TO BE DONE TWICE A DAY, 5-10 TIMES EACH



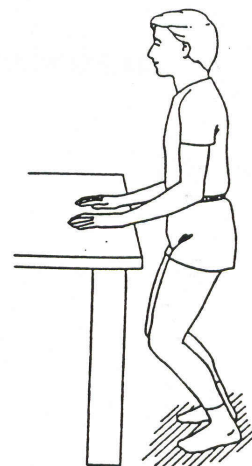
ARM CIRCLES
(5 forward, 5 backward)



CHEST STRETCH



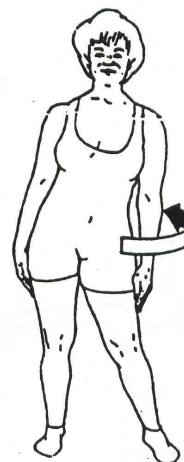
PUSH UP TOES



SLIGHT KNEE BENDS



SIDE LEG RAISES



HIP CIRCLES