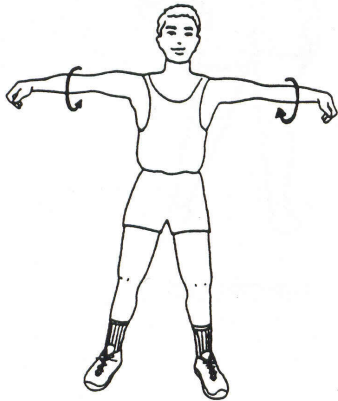
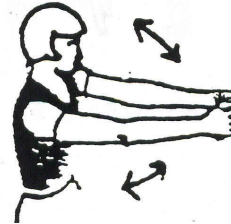
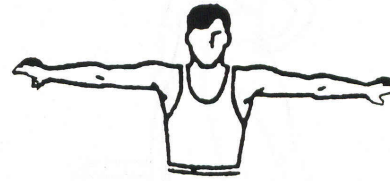


# Cardiac Rehabilitation Warm-Up Exercises

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



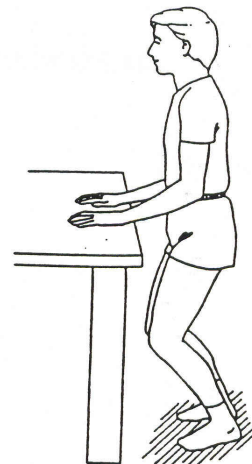
**ARM CIRCLES**  
(5 forward, 5 backward)



**CHEST STRETCH**



**PUSH UP TOES**



**SLIGHT KNEE BENDS**



**SIDE LEG RAISES**



**HIP CIRCLES**