

# CARDIAC REHAB STRENGTH TRAINING

Progress Tracking Log

Target RPE: 11-14 (Light to Somewhat Hard)

Patient Name:

Week Of:

Physician:

<b>Exercise</b>	<b>Weight/Resist.</b>	<b>Sets x Reps</b>	<b>RPE (6- 20)</b>	<b>Notes / Symptoms</b>
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**Wall Push-ups**

**Seated Leg  
Press**

**Bicep Curls**

**Leg Extensions**

**Seated Row**

**Calf Raises**

**Lateral Raise**

**Other:**

## **Borg RPE Scale Quick Guide:**

6: No exertion 9: Very light 11: Fairly light 13: Somewhat hard 15: Hard 17: Very hard

\* Stop exercise immediately if you experience chest pain, dizziness, or unusual shortness of breath.