

WARM-UP ROUTINE

Cardiac Rehabilitation Phase II/III

Deep Breathing	1 Minute	Inhale deeply through the nose, expand the chest, and exhale slowly through pursed lips. Focus on rhythm.
Neck Tilts & Rolls	1 Minute	Slowly tilt head side-to-side and chin-to-chest. Avoid tilting the head too far backward.
Shoulder Rolls	2 Minutes	Roll shoulders in a circular motion, upward toward ears, then back and down. Reverse direction halfway through.
Arm Circles	2 Minutes	Extend arms to sides at shoulder height. Make small controlled circles, gradually increasing size. Keep movements fluid.
Ankle Pumps	1 Minute	While seated or standing, flex feet up toward shins and point toes down. Promotes circulation in lower extremities.
Marching in Place	3 Minutes	Lift knees comfortably high while swinging arms naturally. Maintain a steady, easy pace to raise heart rate gradually.

Safety Check: Monitor your RPE (Rate of Perceived Exertion). You should be able to speak in full sentences throughout the warm-up. If you experience chest pain, dizziness, or unusual shortness of breath, stop immediately.