Student’s name

Course id

Submitted to

Date

30 days gym program for a 40 year old male who suffered from heart attack

Week #1

**Day 1:**

Start with stretching in order to prepare your body for the exercises. Remember to relax and breathe through stretching. Keep your joints slightly curved and never closed during stretching to avoid injury. You should also avoid exercising your muscles. Instead, stretch carefully and hold the stretch for 10 to 30 seconds. Repeat the stretches 3 or 4 times.

Warm up: of 20 minutes low intensity walk on treadmill.

Cardiorespiratory endurance: Aerobics for 15 minutes continuously at an intensity that raises your heart rate and breathing but does not cause any discomfort. Aerobic exercise can be performed continuously or with small breaks depending on the symptoms and worrying that it remains within the target ranges of intensity.

Flexibility: Ending up the gym session with static stretching, hold for 20 to 30 second.

**Day 2:**

Start with 5 minutes of stretching.

Warm up: 20 minutes moderate intensity walk on treadmill.

Cardiorespiratory endurance: Stationary cycling for 20 minutes, should be performed with an intensity determined by heart rate.

Flexibility: upper body and lower body stretches.

**Day 3:**

Warm up: of 20 minutes moderate intensity walk on treadmill.

Muscular endurance: 3 sets of 15 pushups with an interval of 30 seconds and 3 sets of 15 reach ups with an interval of 30 seconds.

Flexibility: upper body and lower body stretches.

**Day 4**

Warm up: 15 minutes aerobics jumping.

Muscular strength endurance: Resistance level that allows you to fatigue your muscles within 8-12 repetitions for different weight lifting exercises such as rowing, bench press etc., should use lighter weights, aiming for 10-15 repetitions per set for 30 minutes.

Flexibility: Ending up the gym session with 5 minutes of stretching.

**Day 5**

Rest

**Day 6**

Start of exercise with 5 minutes of stretching.

Warm up: 15 minutes aerobics jogging.

Cardiorespiratory endurance: Elliptical workout for 20 minutes, continuously at an intensity that raises your heart rate and breathing but does not cause any discomfort.

Flexibility: Ending up the gym session with 5 minutes of stretching so that muscles don’t get pulled.

**Day 7**

Warm up: of 25 minutes moderate intensity walk on treadmill.

Muscular endurance: 3 sets of 15 pushups with an interval of 1 minute.

Flexibility: upper body and lower body stretches.

Week #2

**Day 8**

Warm up: of 20 minutes low intensity walk on treadmill.

Cardiorespiratory endurance: Aerobics for 15 minutes continuously at an intensity that raises your heart rate and breathing but does not cause any discomfort. Aerobic exercise can be performed continuously or with small breaks depending on the symptoms and worrying that it remains within the target ranges of intensity.

Flexibility: Ending up the gym session with static stretching, hold for 20 to 30 seconds.

**Day 9**

Rest

**Day 10**

Warm up: 15 minutes aerobics jogging.

Cardiorespiratory endurance: Elliptical workout for 20 minutes, continuously at an intensity that raises your heart rate and breathing but does not cause any discomfort.

Flexibility: Ending up the gym session with 5 minutes of stretching so that muscles don’t get pulled.

**Day 11**

Warm up: of 25 minutes moderate intensity walk on treadmill.

Muscular endurance: 3 sets of 15 pushups with an interval of 30 seconds and 3 sets of 15 reach ups with an interval of 30 seconds.

Flexibility: upper body and lower body stretches.

**Day 12**

Warm up: 15 minutes aerobics jumping.

Muscular strength endurance: 8-12 repetitions for different weight lifting exercises such as rowing, bench press etc., should use lighter weights, aiming for 10-15 repetitions per set for 30 minutes.

Flexibility: Ending up the gym session with 5 minutes of stretching.

**Day 13**

Warm up: of 25 minutes moderate intensity walk on treadmill.

Muscular endurance: 3 sets of 15 pushups with an interval of 1 minute.

Flexibility: upper body and lower body stretches.

**Day 14**

Rest

Week #3

**Day 15**

Warm up: of 20 minutes low intensity walk on treadmill.

Cardiorespiratory endurance: Aerobics for 15 minutes continuously at an intensity that raises your heart rate and breathing but does not cause any discomfort. Aerobic exercise can be performed continuously or with small breaks depending on the symptoms and worrying that it remains within the target ranges of intensity.

Flexibility: Ending up the gym session with static stretching, hold for 20 to 30 seconds.

**Day 16**

Warm up: of 20 minutes moderate intensity walk on treadmill.

Muscular endurance: 3 sets of 15 pushups with an interval of 30 seconds and 3 sets of 15 reach ups with an interval of 30 seconds.

Flexibility: upper body and lower body stretches.

**Day 17**

Warm up: 15 minutes aerobics jogging.

Cardiorespiratory endurance: Elliptical workout for 20 minutes, continuously at an intensity that raises your heart rate and breathing but does not cause any discomfort.

Flexibility: Ending up the gym session with 5 minutes of stretching so that muscles don’t get pulled.

**Day 18**

Warm up: 15 minutes aerobics jumping.

Muscular strength endurance: 8-12 repetitions for different weight lifting exercises such as rowing, bench press etc., should use lighter weights, aiming for 10-15 repetitions per set for 30 minutes.

Flexibility: Ending up the gym session with 5 minutes of stretching.

**Day 19**

Rest

**Day 20**

Warm up: of 25 minutes’ walk on treadmill.

Muscular endurance: 3 sets of 15 pushups with an interval of 1 minute.

Flexibility: upper body and lower body stretches.

**Day 21**

Start with 5 minutes of stretching.

Warm up: 20 minutes moderate intensity walk on treadmill.

Cardiorespiratory endurance: Stationary cycling for 20 minutes, should be performed with an intensity determined by heart rate.

Flexibility: upper body and lower body stretches.

Week #4

**Day 22**

Warm up: of 20 minutes low intensity walk on treadmill.

Cardiorespiratory endurance: Aerobics for 15 minutes continuously at an intensity that raises your heart rate and breathing but does not cause any discomfort. Aerobic exercise can be performed continuously or with small breaks depending on the symptoms and worrying that it remains within the target ranges of intensity.

Flexibility: Ending up the gym session with static stretching, hold for 20 to 30 seconds.

**Day 23**

Rest

**Day 24**

Warm up: of 20 minutes moderate intensity walk on treadmill.

Muscular endurance: 3 sets of 15 pushups with an interval of 30 seconds and 3 sets of 15 reach ups with an interval of 30 seconds.

Flexibility: upper body and lower body stretches.

**Day 25**

Warm up: 15 minutes aerobics jumping.

Muscular strength endurance: 8-12 repetitions for different weight lifting exercises such as rowing, bench press etc., should use lighter weights, aiming for 10-15 repetitions per set for 30 minutes.

Flexibility: Ending up the gym session with 5 minutes of stretching.

**Day 26**

Warm up: of 25 minutes’ walk on treadmill.

Muscular endurance: 3 sets of 15 pushups with an interval of 1 minute.

Flexibility: upper body and lower body stretches.

**Day 27**

Start with 5 minutes of stretching.

Warm up: 20 minutes moderate intensity walk on treadmill.

Cardiorespiratory endurance: Stationary cycling for 20 minutes, should be performed with an intensity determined by heart rate.

Flexibility: upper body and lower body stretches.

**Day 28**

Rest

Week #5

**Day 29**

Warm up: 15 minutes aerobics jogging.

Cardiorespiratory endurance: Elliptical workout for 20 minutes, continuously at an intensity that raises your heart rate and breathing but does not cause any discomfort.

Flexibility: Ending up the gym session with 5 minutes of stretching so that muscles don’t get pulled.

**Day 30**

Warm up: of 20 minutes low intensity walk on treadmill.

Cardiorespiratory endurance: Aerobics for 15 minutes continuously at an intensity that raises your heart rate and breathing but does not cause any discomfort. Aerobic exercise can be performed continuously or with small breaks depending on the symptoms and worrying that it remains within the target ranges of intensity.

Flexibility: Ending up the gym session with static stretching, hold for 20 to 30 seconds.

This fitness program is made after a lot of research for a heart patient recovering from heart attack. Exercise is fundamental in the rehabilitation of patients with any type of heart disease, including those who have suffered heart attacks. The most beneficial is the so-called aerobic: walking, running, cycling and swimming. In this type of activities, many muscles are mobilized. While static or anaerobic exercise (such as lifting weights) has less positive effects on the heart and keeping in mind that it can be dangerous if not done in a controlled manner.

The program mentioned above includes Cardio, cardio training refers to a workout based on the control of heart rate during exercise. Running in nature or on treadmill, rowing, cycling in nature, exercise bike, elliptical trainer, water aerobics, swimming and skipping rope are some of the cardio and a few of them are included in this fitness program. As per researchers and doctors a heart patient should never workout without a break so the rest days are also given in this program.

Before starting you should know that never start physical activity without having consulted a specialist about the most appropriate exercises and at what intensity to practice them. Do not start a sport without having had a previous physical training. The activity must be done progressively. Avoid trying too hard. You will not get any benefit and it can become dangerous. It is useless to exercise if you do not have a healthy diet, adequate medication and weight control. After the first month, the doctor could authorize running, swimming, and a stationary bicycle, always with the heart rate under surveillance.

Reference

Gibbons, R. J., Balady, G. J., Bricker, J. T., Chaitman, B. R., Fletcher, G. F., Froelicher, V. F., ... & Winters, W. L. (2002). ACC/AHA 2002 guideline update for exercise testing: summary article: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines (Committee to Update the 1997 Exercise Testing Guidelines). Journal of the American College of Cardiology, 40(8), 1531-1540.

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