

# Home Exercise Program

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

**Type of Exercise:** \_\_\_\_\_

**Intensity** (How Hard to Exercise):

Warm-up for 5 mins before any type of exercise to help minimize the stress on your heart

Training or Target Heart Rate or Exertion Level : \_\_\_\_\_

Cool-down by reducing your exercise intensity and stretching

**Duration:** \_\_\_\_\_

**Frequency:** \_\_\_\_\_

This program has been designed specifically for you as of \_\_\_\_\_.

