

## Sample Exercise Plans

Remember, your weekly goal is to exercise aerobically for **at least 150 minutes**, and to perform resistance training exercises at least twice. Here are a couple of different ways you could achieve this goal:

	Option 1	Option 2	Option 3
Sunday	Rest	Rest	Rest
Monday	Aerobic – 50 minutes	Aerobic – 30 minutes	Aerobic – 25 minutes Resistance training
Tuesday	Resistance training	Aerobic – 30 minutes Resistance training	Aerobic – 25 minutes
Wednesday	Aerobic – 50 minutes	Rest	Aerobic – 25 minutes
Thursday	Resistance training	Aerobic – 30 minutes Resistance training	Aerobic – 25 minutes
Friday	Aerobic – 50 minutes	Aerobic – 30 minutes	Aerobic – 25 minutes Resistance training
Saturday	Rest	Aerobic – 30 minutes	Aerobic – 25 minutes

A couple of points to remember:

- Your exercise plan does not need to be this structured; although that does help some people stick with it. If you get into a groove and one of your aerobic exercise sessions end up lasting an extra 20 minutes, that's okay. You can then either take off a few minutes on your next session, or just overachieve on your weekly minutes!
- 150 minutes of moderate exercise and resistance training twice per week are the lowest amounts you should try to achieve. As long as you are pain free and feeling good, you can always increase the intensity or add more minutes, it will only increase the benefits!
- If you need a resistance training routine we have provided a video on our website that you can follow along with. Simply go to [www.ohsuhealth.com/cardiocrehab](http://www.ohsuhealth.com/cardiocrehab) and click on the 'Health Information' link on the left.

**In the end, the best exercise plan for you is the one that you will stick with for the rest of your life.**