

# 5 Exercises Generally Prescribed for Cardiac Rehab You Can Do at Home

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**Calf Raises**  
3x15 reps



**Seated Marching**  
3x for 30 seconds each



**Side Leg Raises**  
3x15 reps



**Running in Place**  
3x 30 seconds or 1  
minute depending on  
patient



**Seated Knee to Elbow**  
3x 8 reps to start  
(core exercise)

**Disclaimer:** Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription.