

Example of an exercise programme – PR would be 2-3 sessions per week. Normally 2 supervised and 1 further session at home. Based on the American College of Sports Medicine guidelines.

Mode	Frequency	Intensity	Time	Type
Aerobic/Endurance Exercise	5 days per week	Moderate 60-80% of ISWT (ideally 75%) 80% of 6MWT Borg Breathless or RPE 13-15	30-60 minutes (minimum bouts 10 mins if continuous) Should be 150 minutes per week If interval training - 1-2 minutes intervals 30-60 seconds rest	- Walking - Static Cycling - Step ups - Treadmill Interval or continuous
Resistance training - Muscle strength	2 or 3 times a week with at least 1 day rest between session	60-70% of 1RM 13-15 RPE scale (moderate to severe perceived exertion)	8-12 repetitions (1 set building up to 2-4 sets)	Bicep curls Knee extensions Wall push ups Shoulder press Upright row Should be slow not fast Could use gym equipment - Hamstring curls - Knee extension - Leg press Chest press
Resistance Training - Endurance	4-5 times per week (could be part of the aerobic endurance training programme or separately)	<50% 1RM 11-13 on RPE scale (light to moderate)	15 repetitions (1 set building up to 3 sets of each exercise) Build up to 25 repetitions	Examples - Squats - Lunges - Sit to stands - Wall push ups

				<p>-</p> <p>Slow not fast contractions</p> <p>Or could use gym equipment such as a leg press (as above)</p>
Balance/Flexibility	2-3 times per week	Not determined	<p>Tai chi</p> <p>Yoga</p> <p>Static/dynamic stretching</p>	<p>20-30 minutes</p> <p>Stretches - 10-30 second holds</p> <p>2-4 times, accumulative 60 seconds</p>