Canadian Pulmonary Rehabilitation Program

Guide for a gradual return to the exercise program (exercise 3-5 times a week)

Follow these steps

Week 1

Cardiovascular exercises :
low intensity of 2-3 on the Borg scale, shorter duration (the exercises can be done for many short periods of time)

Strengthening :
1 set of 10-12 repetitions of each exercise with lighter weights than usual

Week 2

Cardiovascular exercises :
low intensity of 2-3 on the Borg scale, increase duration by 5-10 minutes

Strengthening :
1-2 series of 10-12 repetitions of each exercise with lighter weights

Week 3

Cardiovascular exercises :
increase intensity (back to 3-5 on the Borg scale)

Strengthening :
1-2 series of 10-12 repetitions of each exercise with regular weights

Week 4

Back to the **regular program**
(if at week 4 the regular program is not possible yet, increase intensity and duration slowly until it is)