



FITT RECOMMENDATIONS FOR INDIVIDUALS WITH CARDIAC TRANSPLANT			
	Aerobic	Resistance	Flexibility
Frequency	Minimally 3 d · wk ⁻¹ preferably up to 5 d · wk ⁻¹	1-2 non-consecutive d · wk ⁻¹	≥2-3 d · wk ⁻¹ with daily being most effective.
Intensity	Use perceived only such as RPE (11-14 on a 6-20 scale) or talk test.	Begin at 40% 1-RM for upper body and 50% 1-RM for lower body exercises; gradually increase to 70% 1-RM over several weeks to months.	Stretch to the point of feeling tightness or slight discomfort.
Time	Progressively increase to 20-60 min · d ⁻¹	1-2 sets; 10-15 repetitions focusing on major muscle groups.	10-30 s hold for static stretching; 2-4 repetitions of each exercise.
Type	Aerobic exercise, focusing on treadmill- or free-walking and stationary cycling as capable.	Weight machines, dumbbells, elastic bands, and/or body weight can be used.	Static, dynamic, and/or PNF stretching.
1-RM, one repetition maximum; HRR, heart rate reserve; PNF, proprioceptive neuromuscular facilitation; RPE, rating of exertion; $\dot{V}O_{2peak}$, peak oxygen uptake; $\dot{V}O_{2R}$, oxygen uptake reserve.			