



FITT RECOMMENDATIONS FOR INDIVIDUALS WITH CARDIOVASCULAR DISEASE PARTICIPATING IN OUTPATIENT CARDIAC REHABILITATION			
	Aerobic	Resistance	Flexibility
Frequency	Minimally 3 d · wk ⁻¹ preferably up to 5 d · wk ⁻¹	2–3 non-consecutive d · wk ⁻¹	≥2–3 d · wk ⁻¹ with daily being most effective.
Intensity	<p>With an exercise test, use 40%–80% of exercise capacity using HRR, $\dot{V}O_2R$, or $\dot{V}O_{2peak}$.</p> <p>Without an exercise test, use seated or standing resting heart rate (HR_{rest}) +20 to +30 beats · min⁻¹ or an RPE of 12–16 on a scale of 6–20 (11).</p>	<p>Perform 10–15 repetitions of each exercise without significant fatigue; RPE 11–13 on a 6–20 scale or 40%–60% of 1-RM</p>	To the point of feeling tightness or slight discomfort.
Time	20-60 minutes	1–3 sets; 8–10 different exercises focused on major muscle groups.	10–30 s hold for static stretching; ≥4 repetitions of each exercise.
Type	Arm ergometer, combination of upper and lower (dual action) extremity cycle ergometer, upright and recumbent cycle ergometer, recumbent stepper, rower, elliptical, stair climber, treadmill.	Select equipment that is safe and comfortable for the individual to use.	<p>Static and dynamic stretching focused on the major joints of the limbs and the lower back</p> <p>Consider PNF technique.</p>
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.			