



# Mended Hearts Exercise

By Matt Olnick

# About Me!

- Lifelong Athlete and weightlifter (since about 14)
- I work at the YMCA as a Personal Trainer
- I am currently in school for Kinesiology and Business (SPSCC)
- Hobbies: Golf, Weightlifting, Hiking, Snowboarding
- My Training style: Mobility, Balance, Strength, and Conditioning
- Coaching Certs: Nutrition, CPT, Strength and Conditioning, and Corrective Exercise
- Favorite Exercise: Bench press

# Rate Percieved Exertion

- 150 min of moderate activity a week
- 75 min of high intensity activity a week

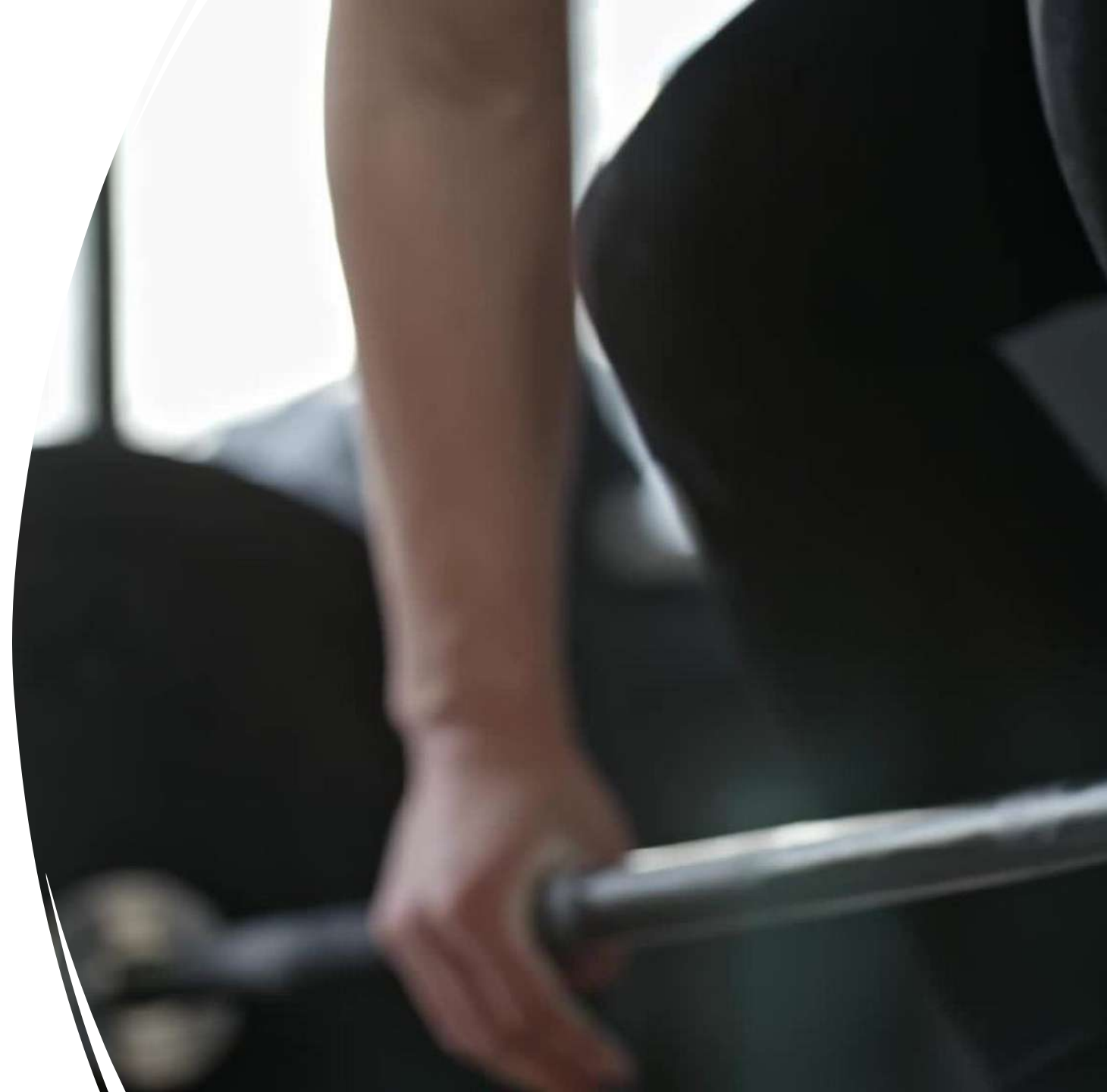
## RPE Scale

Rate of Perceived Exertion				
10	Max Effort	Out of breath, unable to talk	Neuromuscular Power	Max lifts, Sprinting under 10
9		Difficult to maintain intensity, can barely breath and speak a word		
8	Extremely Difficult	Feels uncomfortable, can barely speak a sentence	Anaerobic Capacity	Strength & Power training, 30 seconds to 3 min. max effort
7		Feels uncomfortable, can say 3 words	Vo2 Max	3-8 minute work intervals
6	Very Hard	Almost feels uncomfortable	Threshold	10-30 minute intervals
5	Hard	Can say short sentences		Strength endurance training
4		Breathing heavily, but can have a short conversation	Tempo	Hiking moderate terrain, tempo training
3	Moderate	Running, biking, swimming can carry on a conversation		Long steady aerobic endurance training
2	Easy	Walking with purpose to a light jog	Endurance	Long slow distance
1	Very Easy	Daily activities, besides sleeping	Active Recovery	All day pace

# How Weightlifting/Exercising can benefit the heart

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- Help shed Excess fat/weight reducing the strain on your heart
- Open blood vessels and gets your heart pumping which improves circulation
- Helps balance Hormones
- Lowers blood pressure



# Low-impact Cardio



WALKING



SWIMMING



CYCLING



DANCING



YOGA



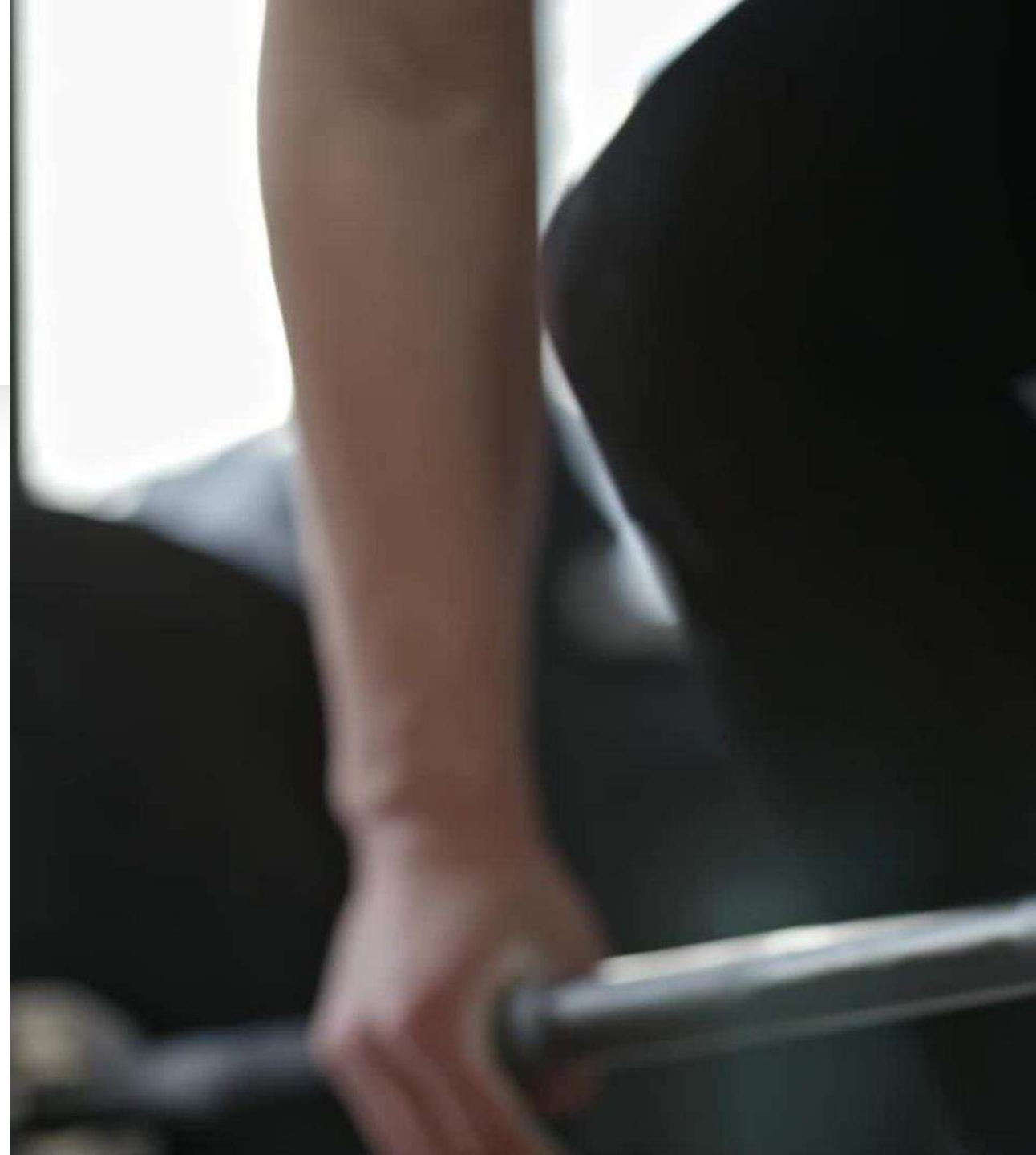
# Strength Training

Bodyweight exercise

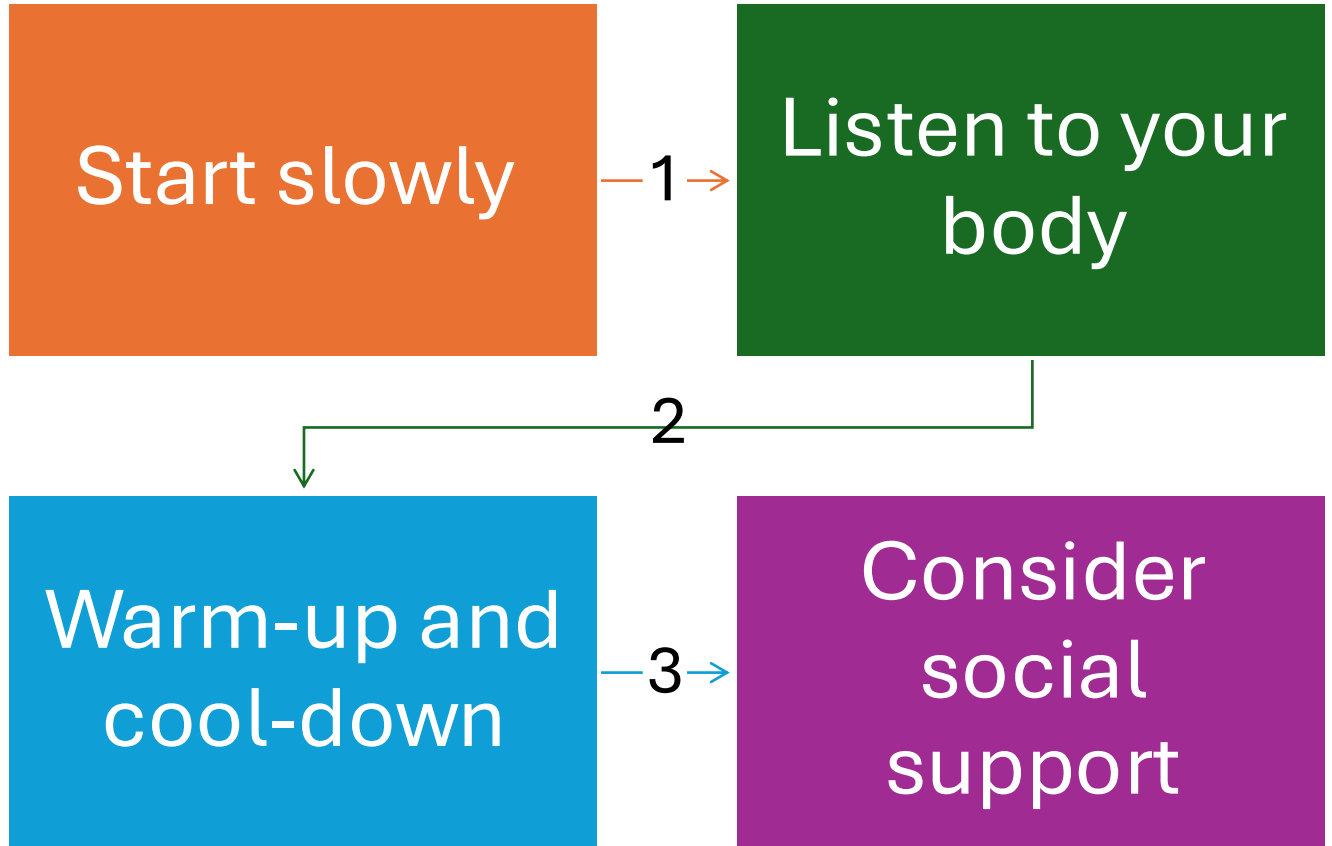
Resistance bands

Free weights

Chair exercises



# Tips for Seniors



# Home Exercise

## Safe & Effective Exercises for Seniors at Home



Standing From Chairs



Tandem Stance



Single-Leg Stance



Wall Push-Ups



Seated Toe Taps



Standing Marches



Overhead Arm Raises



Seated Shoulder Rolls



Calf Raises



Seated Knee to Chest



Seated Abdominal Twist



Seated Captains Chair



Seated Skater Twist



Seated Jumping Jack



Seated Backbend



Chair Running



Bridges



# Example Workout Plan



Warm-up



Cardio



Strength Training



Cool-down



**Just get Started!**



Questions?