

SUPPLEMENTAL APPENDIX

EFFECTS OF 12-WEEKS HOME-BASED RESISTANCE TRAINING ON PERIPHERAL MUSCLE OXYGENATION IN CHILDREN WITH CONGENITAL HEART DISEASE: A CHAMPS STUDY

*Footnote: *CHAMPS: Children's Healthy-Heart Activity Monitoring Program in Saskatchewan*

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Short title: Muscle Oxygenation in Congenital Heart Disease

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PHASE 1: CHAMPS – 12 week home based exercise study

PHASE 1: 4 weeks, 3 times per week, 20-30 minute workouts

What is the Rating of Perceived Exertion (RPE) Scale?

- The **RPE** scale is used to measure the intensity of your **exercise**.
The **RPE** scale scores how hard something feels to you from 0 – 10.
- “0” is no exertion / difficulty
- “10” is maximal effort / difficulty
- The RPE scale below provides phrases used to rate how easy or difficult you find an activity.

****Please ensure you or your child records
the RPE value for each exercise day****

How do I make an exercise feel harder?

(if your RPE is less than 4 – you need to make your RPE between 4 and 6!)

- Try doing the exercise slower
 - o Count one-Mississippi, two-Mississippi, 3- Mississippi as you do your exercise (such as your squat)
- Do extra reps
 - o Do 12-15 reps instead of 10
- If the exercise is timed, do the exercise for longer
 - o Do 30 seconds instead of 20 seconds
 - o walk for 15 minutes instead of 10 minutes
- Reduce the amount of time of rest in between exercises!
 - o Instead of 30 seconds, only wait 15 seconds to begin the exercise again.
 - o Or, instead of 2 minutes, only wait 1 minute to begin the exercise again.

To view entire CHAMPS 12 week program exercises, follow this link:

<https://drive.google.com/open?id=1eSUVcjXiJuoDLyYccohMWWu15H4AkVSo>

Be sure to review your exercise cues for each exercise! These are important so you don't get hurt.

PHASE 1: CHAMPS – 12 week home based exercise study

RPE – RATING of PERCEIVED EXERTION SCALE

RPE Scale	Rate of Perceived Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc

PHASE 1: CHAMPS – 12 week home based exercise study

DAY 1: OVERVIEW

WARM UP: Complete the warm up options listed below to get your body ready for exercise!

STRETCH: Then find a space in your home to complete warm up stretches listed on next page.

EXERCISE: Complete entire Day 1 program twice through. You will be doing exercises that target your lower body.

When you exercise, you want to exercise at an **RPE intensity of 4-6**

****Remember to mark your workout on your workout calendar with a sticker, and record how hard you were working (RPE=____)****

RPE Scale	Rate of Perceived Exertion
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PHASE 1: CHAMPS – 12 week home based exercise study

DAY 1 – WARM UP & STRETCH

1. Go for a **10-minute brisk walk** or **10-minute jog** (RPE = 4-6). This should be how you would walk when you are in a rush to get somewhere.

OR:

Go **up and down your stairs 8 times**. Rest for 1 minute. Then go up and down your stairs 8 times **again**.

OR:

Alternate Warm Up

1. 50 jumping jacks
2. 20 high knees
3. 50 jumping jacks
4. 20 butt kicks
5. 50 jumping jacks
6. 20 high knees
7. 50 jumping jacks

https://drive.google.com/open?id=1jB4sFYKAwD2Wp33TSu3j_fhZz3N3H4w

2. Complete the stretches below.
 - Hamstring Stretch – hold for 30 seconds each leg
 - Thigh Stretch – hold for 30 seconds each leg
 - Butterfly Stretch – hold for 30 seconds
 - Calf Stretch – hold for 30 seconds each leg

<https://drive.google.com/file/d/1RPTtPZ7QOyKnMr1kb8jBIBTf10hzQIVL/view?usp=sharing>

<https://drive.google.com/open?id=12cFPiMly2nBCA-yYLZbpaBkpDUja709a>

PHASE 2: CHAMPS – 12 week home based exercise study

PHASE 2: 4 weeks, 3 times per week, 30-40 minute workouts

What is the Rating of Perceived Exertion (RPE) Scale?

- The **RPE** scale is used to measure the intensity of your **exercise**. The **RPE** scale scores how hard something feels to you from 0 – 10.
- “0” is no exertion / difficulty
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- The RPE scale below provides phrases used to rate how easy or difficult you find an activity.

****Please ensure you or your child records the RPE value for each exercise day****

How do I make an exercise feel harder?

(if your RPE is less than 4 – you need to make your RPE between 4 and 6!)

- Try doing the exercise slower
 - o Count one-Mississippi, two-Mississippi, 3- Mississippi as you do your exercise (such as your squat)
- Do extra reps
 - o Do 12-15 reps instead of 10
- If the exercise is timed, do the exercise for longer
 - o Do 30 seconds instead of 20 seconds
 - o walk for 15 minutes instead of 10 minutes
- Reduce the amount of time of rest in between exercises!
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To view entire CHAMPS 12 week program exercises, follow this link:

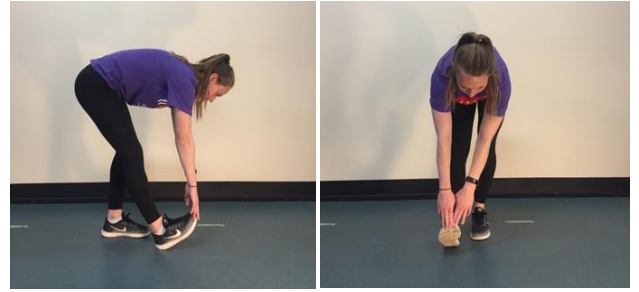
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Be sure to review your exercise cues for each exercise! These are important so you don't get hurt.

PHASE 2: CHAMPS – 12 week home based exercise study

STRETCHES

Hamstring Stretch – hold for 30 seconds each leg

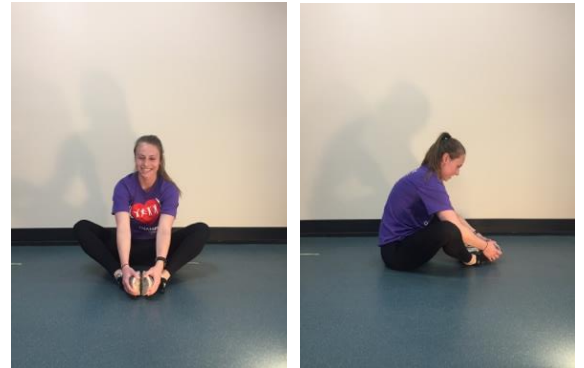


Thigh Stretch – hold for 30 seconds each leg



Butterfly Stretch – hold for 30 seconds each leg

Dropbox link



Calf Stretch – hold for 30 seconds each leg



<https://drive.google.com/file/d/1RPTtPZ7QOyKnMr1kb8jBIBTf10hzQIVL/view?usp=sharing>

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PHASE 2: CHAMPS – 12 week home based exercise study

DAY 1: OVERVIEW

WARM UP: Complete the warm up options listed below to get your body ready for exercise!

STRETCH: Then find a space in your home to complete warm up stretches listed on next page.

EXERCISE: Complete entire Day 1 program twice through. You will be doing exercises that target your lower body.

When you exercise, you want to exercise at an RPE intensity of 4-6

****Remember to mark your workout on your workout calendar with a sticker, and record how hard you were working (RPE=____)****

RPE Scale	Rate of Perceived Exertion
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1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc

PHASE 2: CHAMPS – 12 week home based exercise study

DAY 1 – WARM UP & STRETCH

1. Go for a **15-minute brisk walk** or **10-minute jog** (RPE = 4-6). This should be how you would walk when you are in a rush to get somewhere.

OR:

Go **up and down your stairs 10 times**. Rest for 1 minute. Then go up and down your stairs 10 times again.

OR:

Alternate Warm Up

1. 50 jumping jacks
2. 20 high knees
3. 50 jumping jacks
4. 20 butt kicks
5. 50 jumping jacks
6. 20 high knees
7. 50 jumping jacks

https://drive.google.com/open?id=1jB4sFYKAwD2Wp33TSu3j_fhZz3N3H4w

2. Complete the **stretches** below.
 - Hamstring Stretch – hold for 30 seconds each leg
 - Thigh Stretch – hold for 30 seconds each leg
 - Butterfly Stretch – hold for 30 seconds
 - Calf Stretch – hold for 30 seconds each leg

<https://drive.google.com/file/d/1RPTtPZ7QOyKnMr1kb8jBIBTf10hzQIVL/view?usp=sharing>

<https://drive.google.com/open?id=12cFPiMly2nBCA-yYLZbpaBkpDUja709a>

PHASE 2: CHAMPS – 12 week home based exercise study

Day 1 EXERCISE #1 – SQUAT AND HOLD

STEP 1 – Do 10 squats.

→ Hold the squat for **3 seconds** before standing up and starting the next squat.

OR: add weight to your squat. See video link for instructions.

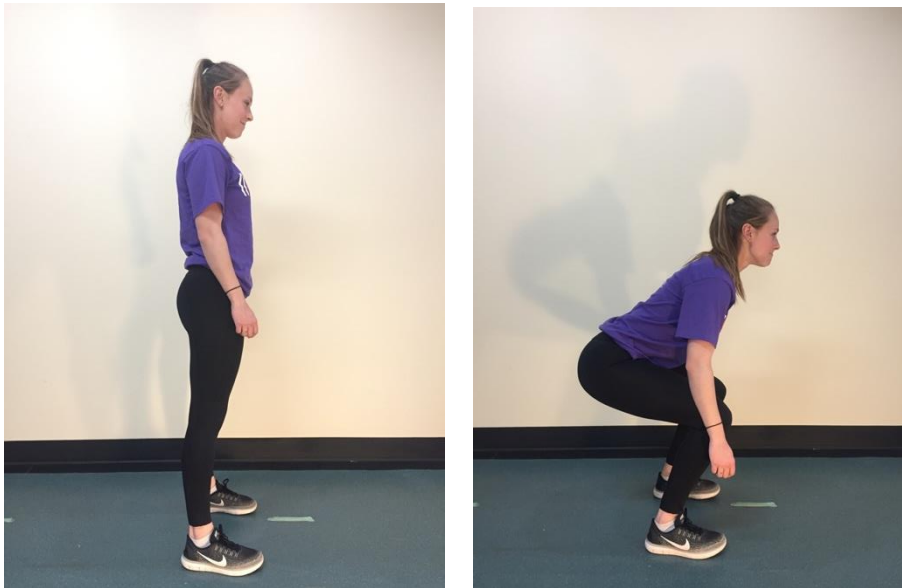
STEP 2 – Rest for 15 seconds

STEP 3 – Then do another 10 squats.

STEP 4 – Rest for 45 seconds. Then move on to Day 1 Exercise 2.

<https://drive.google.com/open?id=16Yf4leip6wxa3XplGxLm-XXLQt9PpHAt>

https://drive.google.com/open?id=1G6XkXFLCqoKgbGL7SU8aBF9rR_tXf87o



Cues:

1. Feet shoulder width apart, or slightly wider than shoulder width apart
2. Stick your butt out, and lower your body as if you were sitting in a chair
3. Make sure your knees DO NOT pass your toes.
 - If they do, try sticking your butt out more (so you aren't leaning too far forward) or do not go as low into your squat position
4. Try to go as low as a 90 degree angle in your squat position (your legs create a 90 degree angle)
5. Flat back

PHASE 2: CHAMPS – 12 week home based exercise study

Day 1 EXERCISE #2 – BURPEES

STEP 1 – Do 10 burpees. RPE = 4-6

STEP 2 – Rest for 30 seconds

STEP 3 – Then do another 10 burpees

STEP 4 – Rest for 1 minute. Then move on to Day 1 Exercise 3.

<https://drive.google.com/open?id=1K0scGuD0kOYYu5PhCsXXaL8LJ1Cdip7R>



Cues:

1. Jump as high as you can – both at the beginning and end of the burpee
2. When you come down from your jump, get into a “plank” position
 - Hands in line with shoulders
 - Flat back – squeeze your core (no butts in the air!)
3. Modification – if you are unable to “jump back” into the plank position as showed in the video, get into the plank by stepping back one foot at a time. Still ensuring that once you are in the plank to have the proper form as listed above

PHASE 2: CHAMPS – 12 week home based exercise study

Day 1 EXERCISE #3 – LUNGES

STEP 1 – Do 10 lunges on each leg. RPE = 4-6

→ To make this exercise harder, you can add weight similar to how you did with the squats.

STEP 2 – Rest for 15 seconds

STEP 3 – Do another 10 lunges on each leg

STEP 4 – Rest for 45 seconds.

<https://drive.google.com/open?id=1LZuYyUkdQ6tqVTRHQuVssWbXwF3YWzef>



Cues:

1. Make sure both toes pointed forward throughout the entire lunge
2. Make a 90 degree angle with both legs – don't step too far forward or not far enough
3. Drive through your heel and thigh muscle to bring yourself back up from the lunge
4. Flat back

****NOW REPEAT EXERCISES #1, #2, AND #3 ALL OVER AGAIN!**

Once you have done the Day 1 exercise two times then you are done.

Great Job!

PHASE 2: CHAMPS – 12 week home based exercise study

DAY 2: OVERVIEW

WARM UP: Complete the warm up options listed below to get your body ready for exercise!

STRETCH: Then find a space in your home to complete warm up stretches listed on next page.

EXERCISE: Complete entire Day 2 program **twice** through. You will be doing exercises that target your lower body.

When you exercise, you want to exercise at an **RPE intensity of 4-6**

****Remember to mark your workout on your workout calendar with a sticker, and record how hard you were working (RPE=____)****

RPE Scale	Rate of Perceived Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
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1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc

PHASE 2: CHAMPS – 12 week home based exercise study

DAY 2 – WARM UP & STRETCH

1. Go for a **15-minute brisk walk** or **10-minute jog** (RPE = 4-6). This should be how you would walk when you are in a rush to get somewhere.

OR:

Go **up and down your stairs 10 times**. Rest for 1 minute. Then go up and down your stairs 10 times again.

OR:

Alternate Warm Up

- 50 jumping jacks
- 20 high knees
- 50 jumping jacks
- 20 butt kicks
- 50 jumping jacks
- 20 high knees
- 50 jumping jacks

https://drive.google.com/open?id=1jB4sFYYKAwD2Wp33TSu3j_fhZz3N3H4w

2. Complete the **stretches** below.

- Hamstring Stretch – hold for 30 seconds each leg
- Thigh Stretch – hold for 30 seconds each leg
- Butterfly Stretch – hold for 30 seconds
- Calf Stretch – hold for 30 seconds each leg

<https://drive.google.com/file/d/1RPTtPZ7QOyKnMr1kb8jBIBTf10hzQIVL/view?usp=sharing>

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PHASE 2: CHAMPS – 12 week home based exercise study

Day 2 EXERCISE #1 – WALL SIT

STEP 1 – Do a wall sit for 30 seconds. RPE = 4-6

STEP 2 – Rest for 15 seconds

STEP 3 – Then do another wall sit for 30 seconds

STEP 4 – Rest for 45 seconds. Then move on to Day 2 Exercise 2.

<https://drive.google.com/open?id=1j-46Flib295fCg1isF-BcpNH8B6jsl0n>



Cues:

1. Feet shoulder width apart
2. Use the wall to brace your back, while using your thighs to hold you up
3. Make a 90 degree angle with your legs
4. Toes pointed forwards

PHASE 2: CHAMPS – 12 week home based exercise study

Day 2 EXERCISE #2 – TUCK JUMP

STEP 1 – Do 10 tuck jumps. RPE = 4-6

STEP 2 – Rest for 15 seconds

STEP 3 – Then do another 10 tuck jumps.

STEP 4 – Rest for 45 seconds. Then move on to Day 2 Exercise 3.

https://drive.google.com/open?id=1VWV8liYYyGltwYcDUh_ECKWsSPC4gyF2



Cues:

1. Bring knees as close to your chest as possible
2. Jump as high as you can
3. As soon as you land from your tuck jump, begin your next tuck jump

PHASE 2: CHAMPS – 12 week home based exercise study

Day 2 EXERCISE #3 – SINGLE LEG SQUAT

STEP 1 – Do 10 single leg squats on each leg. RPE = 4-6

STEP 2 – Rest for 15 seconds

STEP 3 – Then do another 10 single leg squats on each leg.

STEP 4 – Rest for 45 seconds.

<https://drive.google.com/open?id=12fQNtTN6uNOWVAo30Metna86qTUP8nwy>



Cues:

1. Stick out your butt, and sit back into the chair
2. Make sure your knee DOES NOT pass your toes.
 - If they do, try sticking your butt out more (so you aren't leaning too far forward) or do not go as low into your squat position
3. Sit lightly onto the chair, do not completely sit down when you squat
4. Drive back up to a standing position using your single leg, ensuring you are standing up straight at the end
5. Flat back

*****NOW REPEAT EXERCISES #1, #2, AND #3 ALL OVER AGAIN!***

Once you have done the Day 2 exercise two times then you are done.

Great Job!

PHASE 2: CHAMPS – 12 week home based exercise study

DAY 3: OVERVIEW

WARM UP: Complete the warm up options listed below to get your body ready for exercise!

STRETCH: Then find a space in your home to complete warm up stretches listed on next page.

EXERCISE: Complete entire Day 3 program **twice** through. You will be doing exercises that target your lower body.

When you exercise, you want to exercise at an **RPE intensity of 4-6**

****Remember to mark your workout on your workout calendar with a sticker, and record how hard you were working (RPE=____)****

RPE Scale	Rate of Perceived Exertion
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1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc

PHASE 2: CHAMPS – 12 week home based exercise study

DAY 1 – WARM UP & STRETCH

1. Go for a **15-minute brisk walk** or **10-minute jog** (RPE = 4-6). This should be how you would walk when you are in a rush to get somewhere.

OR:

Go **up and down your stairs 10 times**. Rest for 1 minute. Then go up and down your stairs 10 times again.

OR:

Alternate Warm Up

- 50 jumping jacks
- 20 high knees
- 50 jumping jacks
- 20 butt kicks
- 50 jumping jacks
- 20 high knees
- 50 jumping jacks

https://drive.google.com/open?id=1jB4sFYYKAwD2Wp33TSu3j_fhZz3N3H4w

2. Complete the **stretches** below.
 - Hamstring Stretch – hold for 30 seconds each leg
 - Thigh Stretch – hold for 30 seconds each leg
 - Butterfly Stretch – hold for 30 seconds
 - Calf Stretch – hold for 30 seconds each leg

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PHASE 2: CHAMPS – 12 week home based exercise study

Day 3 EXERCISE #1 – MOUNTAIN CLIMBERS

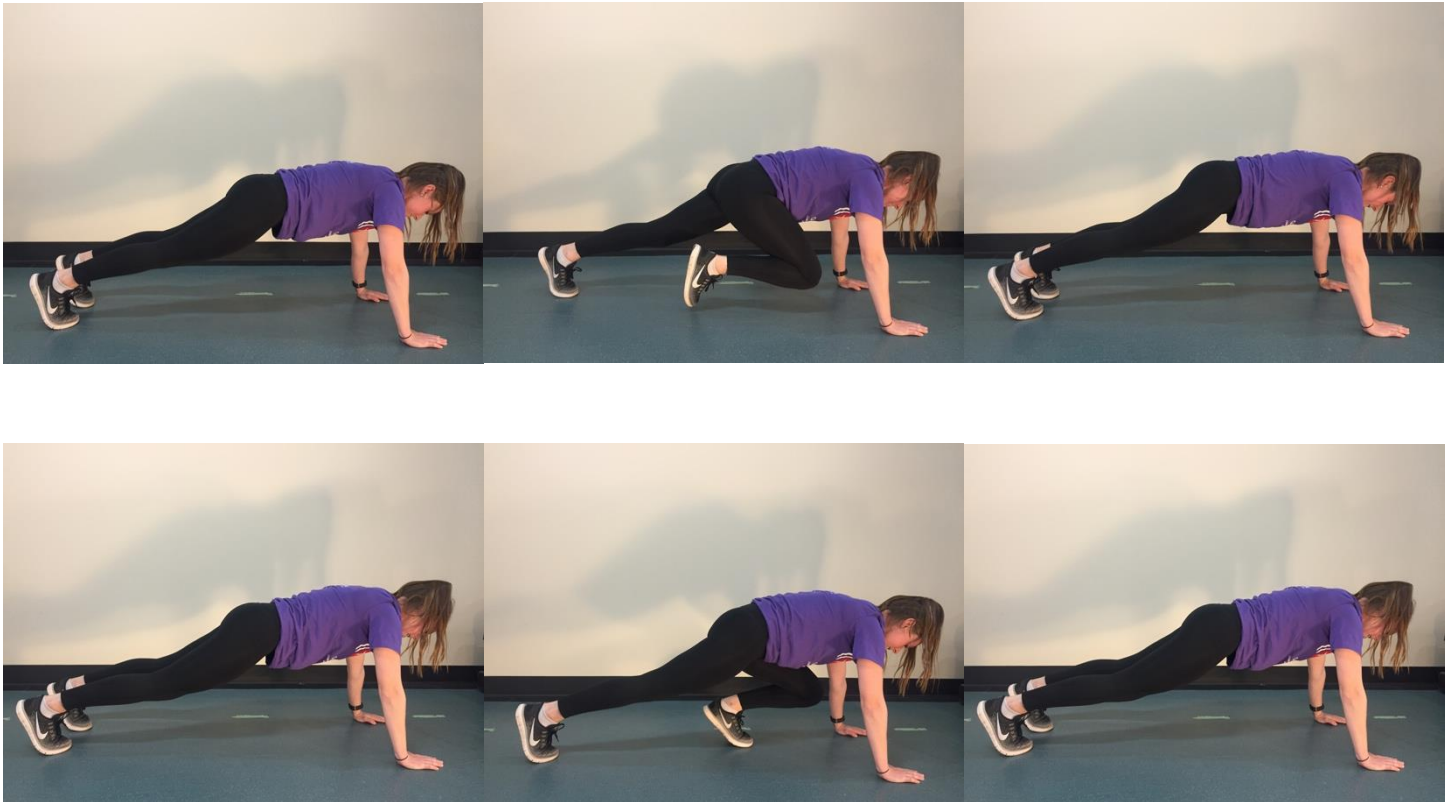
STEP 1 – Do 15 mountain climbers on each leg. RPE = 4-6.

STEP 2 – Rest for 15 seconds

STEP 3 – Then do another 10 mountain climbers on each leg.

STEP 4 – Rest for 45 seconds. Then move on to Day 3 Exercise 2.

<https://drive.google.com/open?id=1rNgT7mo6prmLrlbfXjoUJ9ezu1uk49Xr>



Cues:

1. Get into a “plank” position
 - Hands should be in line with shoulders
 - Flat back – squeeze your core (no butts in the air!)
2. Drive your left leg (left knee) towards your left elbow – they don’t have to touch. Then switch legs
3. Try to do each leg consecutively – don’t take long pauses between switching legs

PHASE 2: CHAMPS – 12 week home based exercise study

Day 3 EXERCISE #2 – SINGLE LEG CALF RAISES w/hold

STEP 1 – Do 10 single leg calf raises on each leg. RPE = 4-6

→ Hold for **2-3 seconds** before coming back down and beginning next calf raise.

STEP 2 – Rest for 15 seconds

STEP 3 – Then do another 10 single leg calf raises on each leg

STEP 4 – Rest for 45 seconds. Then move on to Day 3 Exercise 3.

<https://drive.google.com/open?id=16M4zjUGMDArZmnUxbzluAjrQQ1h2nzVS>



Cues:

1. Use your toes and the ball of your foot to raise your heel off the ground
2. Make sure toes are pointing forwards
3. Balance is important – use a chair or a wall to make sure the only part that is moving is your leg
4. Stand tall – be sure to be looking straight ahead, no slouching

PHASE 2: CHAMPS – 12 week home based exercise study

Day 3 EXERCISE #3 – JUMP SQUATS

STEP 1 – Do 10 jump squats. RPE = 4-6

STEP 2 – Rest for 30 seconds

STEP 3 – Then do another 10 jump squats.

STEP 4 – Rest for 1 minute.

<https://drive.google.com/open?id=1AH79mthtf6ZXAzQ3o9iY2JsWC4-HoDld>



Cues:

1. Make sure you are completing the proper squat technique
2. Jump as high as you can from your squat position
3. When you land, make sure you return to a full squat position, then immediately jump back up to complete another squat jump

*****NOW REPEAT EXERCISES #1, #2, AND #3 ALL OVER AGAIN!***

Once you have done the Day 3 exercise two times then you are done.

Great Job!

PHASE 3: CHAMPS – 12 week home based exercise study

PHASE 3 STARTS MARCH 24: 4 weeks, 3 times/week, 30-40 min

→ Please note the **changes** (longer duration or repeat more times) in the program for warm up and exercise sessions.

What is the Rating of Perceived Exertion (RPE) Scale?

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How do I make an exercise feel harder?

(if your RPE is less than 4 – you need to make your RPE between 4 and 6!)

- Try doing the exercise slower
 - Count one-Mississippi, two-Mississippi, 3- Mississippi as you do your exercise (such as your squat)
- Do extra reps
 - Do 12-15 reps instead of 10
- If the exercise is timed, do the exercise for longer
 - Do 30 seconds instead of 20 seconds
 - walk for 15 minutes instead of 10 minutes
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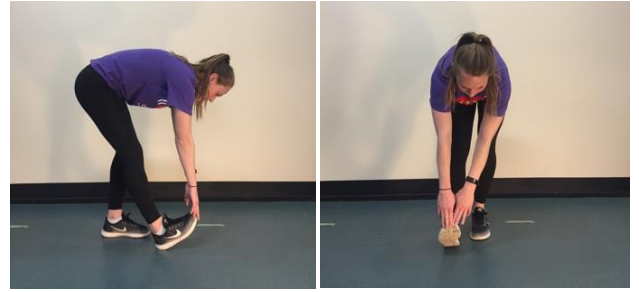
To view entire CHAMPS 12 week program exercises, follow this link:

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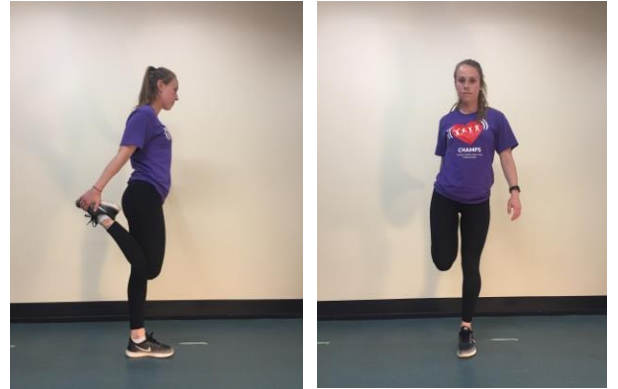
PHASE 3: CHAMPS – 12 week home based exercise study

STRECHES

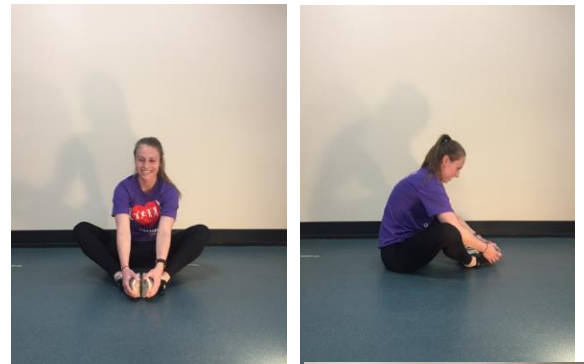
Hamstring Stretch – hold for 30 seconds each leg



Thigh Stretch – hold for 30 seconds each leg



Butterfly Stretch – hold for 30 seconds each leg



Calf Stretch – hold for 30 seconds each leg



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PHASE 3: CHAMPS – 12 week home based exercise study

DAY 1: OVERVIEW

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STRETCH: Then find a space in your home to complete warm up stretches listed on next page.

EXERCISE: Complete entire Day 1 program twice through. You will be doing exercises that target your lower body.

When you exercise, you want to exercise at an RPE intensity of 4-6

****Remember to mark your workout on your workout calendar with a sticker, and record how hard you were working (RPE=____)****

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1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc

PHASE 3: CHAMPS – 12 week home based exercise study

DAY 1 – WARM UP & STRETCH

1. Go for a **20-minute brisk walk** or **15-minute jog** (RPE = 4-6). This should be how you would walk when you are in a rush to get somewhere.

OR:

Go **up and down your stairs 15 times**. Rest for 1 minute. Then go up and down your stairs 15 times **again**.

OR:

Alternate Warm Up

- 50 jumping jacks
- 20 high knees
- 50 jumping jacks
- 20 butt kicks
- 50 jumping jacks
- 20 high knees
- 50 jumping jacks

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2. Complete the **stretches** below.
 - Hamstring Stretch – hold for 30 seconds each leg
 - Thigh Stretch – hold for 30 seconds each leg
 - Butterfly Stretch – hold for 30 seconds
 - Calf Stretch – hold for 30 seconds each leg

<https://drive.google.com/file/d/1RPTtPZ7QOyKnMr1kb8jBIBTf10hzQIVL/view?usp=sharing>

<https://drive.google.com/open?id=12cFPiMly2nBCA-yYLZbpaBkpDUja709a>

PHASE 3: CHAMPS – 12 week home based exercise study

Day 1 EXERCISE #1 – PULSE SQUATS

STEP 1 – Do 10 pulse squats.

→Do a squat, come back up only halfway, go back down into the squat, come back up. Repeat.

STEP 2 – Rest for 15 seconds

STEP 3 – Then do another 10 squats.

STEP 4 – Rest for 30 seconds. Then move on to Day 1 Exercise 2.

https://drive.google.com/open?id=1Dd_dcjWqjLX5JECb2YdXFqr37yevQwDf



Cues:

1. Feet shoulder width apart, or slightly wider than shoulder width apart
2. Stick your butt out, and lower your body as if you were sitting in a chair
3. Make sure your knees DO NOT pass your toes.
 - If they do, try sticking your butt out more (so you aren't leaning too far forward) or do not go as low into your squat position
4. Try to go as low as a 90 degree angle in your squat position (your legs create a 90 degree angle)
5. Flat back

PHASE 3: CHAMPS – 12 week home based exercise study

Day 1 EXERCISE #2 – SUPERHERO TAKEOFFS

STEP 1 – Do 5 lunge takeoffs on each leg. RPE = 4-6

→ Try the modified version first. Watch the videos closely for cues.

STEP 2 – Rest for 30 seconds

STEP 3 – Then do another 5 lunge takeoffs on each leg.

STEP 4 – Rest for 1 minute. Then move on to Day 1 Exercise 3.

Modified - <https://drive.google.com/open?id=1IC5nJA0bXXCtpMUsraXiha-ZzciQ25R>

https://drive.google.com/open?id=1IbTtZXFkXklo6_DpLpFRU3i0vQr6PfVG



Cues:

1. Ensure you are in a proper lunge position (legs at 90 degrees).
2. Use your front leg to push off the ground and lift your back leg up in front of you. Try to end with your knee in a 90 degree angle (similar to step-up exercise position).
3. Use your arms to help drive your leg up – try to make your movement controlled, but as explosive and powerful as you can.
4. Try to complete each repetition with as little time in between as possible. Don't take long breaks until you have completed all 5 on each leg.

PHASE 3: CHAMPS – 12 week home based exercise study

Day 1 EXERCISE #3 – SINGLE LEG CALF RAISES w/hold

STEP 1 – Do 15 single leg calf raises on each leg. RPE = 4-6

→ Hold for **2-3 seconds** before coming back down and beginning next calf raise.

STEP 2 – Rest for 15 seconds

STEP 3 – Then do another 15 single leg calf raises on each leg

STEP 4 – Rest for 30 seconds.

<https://drive.google.com/open?id=19n0uXlzQIPa72Y15dnby8NPfzePcNX->



Cues:

1. Use your toes and the ball of your foot to raise your heel off the ground
2. Make sure toes are pointing forwards
3. Balance is important – use a chair or a wall to make sure the only part that is moving is your leg
4. Stand tall – be sure to be looking straight ahead, no slouching

*****NOW REPEAT EXERCISES #1, #2, AND #3 ALL OVER AGAIN!***

Once you have done the Day 1 exercise two times then you are done.

Great Job!

PHASE 3: CHAMPS – 12 week home based exercise study

DAY 2: OVERVIEW

WARM UP: Complete the warm up options listed below to get your body ready for exercise!

STRETCH: Then find a space in your home to complete warm up stretches listed on next page.

EXERCISE: Complete entire Day 2 program **twice** through. You will be doing exercises that target your lower body.

When you exercise, you want to exercise at an **RPE intensity of 4-6**

****Remember to mark your workout on your workout calendar with a sticker, and record how hard you were working (RPE= ____)****

RPE Scale	Rate of Perceived Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc

PHASE 3: CHAMPS – 12 week home based exercise study

DAY 2 – WARM UP & STRETCH

1. Go for a **20-minute brisk walk** or **15-minute jog** (RPE = 4-6). This should be how you would walk when you are in a rush to get somewhere.

OR:

Go **up and down your stairs 15 times**. Rest for 1 minute. Then go up and down your stairs 15 times again.

OR:

Alternate Warm Up

- 50 jumping jacks
- 20 high knees
- 50 jumping jacks
- 20 butt kicks
- 50 jumping jacks
- 20 high knees
- 50 jumping jacks

https://drive.google.com/open?id=1jB4sFYYKAwD2Wp33TSu3j_fhZz3N3H4w

2. Complete the **stretches** below.
 - Hamstring Stretch – hold for 30 seconds each leg
 - Thigh Stretch – hold for 30 seconds each leg
 - Butterfly Stretch – hold for 30 seconds
 - Calf Stretch – hold for 30 seconds each leg

<https://drive.google.com/file/d/1RPTtPZ7QOyKnMr1kb8jBIBTf10hzQIVL/view?usp=sharing>

<https://drive.google.com/open?id=12cFPiMly2nBCA-yYLZbpaBkpDUja709a>

PHASE 3: CHAMPS – 12 week home based exercise study

Day 2 EXERCISE #1 – FORWARD/BACKWARD LUNGES

STEP 1 – Do 10 lunges on each leg. RPE = 4-6

→ To make this exercise harder add weight or hold the lunge for 2-3 seconds

STEP 2 – Rest for 15 seconds

STEP 3 – Do another 10 lunges on each leg

STEP 4 – Rest for 30 seconds. Then move on to Day 2 Exercise 2.

https://drive.google.com/open?id=1ggKxfP9mV23y0cBOhiyYXQwD9OSge_Ss



Cues:

1. Make sure both toes pointed forward throughout the entire lunge
2. Make a 90 degree angle with both legs – don't step too far forward or not far enough
3. Your knee should not go past your toes
4. Drive through your heel and thigh muscle to bring yourself back up from the lunge
5. Flat back
6. Controlled movement – stay balanced throughout entire repetition

PHASE 3: CHAMPS – 12 week home based exercise study

Day 2 EXERCISE #2 – JUMP SQUAT

STEP 1 – Do 10 jump squats. RPE = 4-6

STEP 2 – Rest for 30 seconds

STEP 3 – Then do another 10 jump squats.

STEP 4 – Rest for 1 minute. Then move on to Day 2 Exercise 3.

https://drive.google.com/open?id=1K9FuXDABPE7IYhbyz13nXFn_-YuTBGkj



Cues:

1. Make sure you are completing the proper squat technique
2. Jump as high as you can from your squat position
3. When you land, make sure you return to a full squat position, then immediately jump back up to complete another squat jump

PHASE 3: CHAMPS – 12 week home based exercise study

Day 2 EXERCISE #3 – WALL SIT

STEP 1 – Do a wall sit for 45 seconds. RPE = 4-6

STEP 2 – Rest for 15 seconds

STEP 3 – Then do another wall sit for 45 seconds

STEP 4 – Rest for 30 seconds.

https://drive.google.com/open?id=1K9FuXDABPE7IYhbyz13nXFn_-YuTBGkj



Cues:

1. Feet shoulder width apart
2. Use the wall to brace your back, while using your thighs to hold you up
3. Make a 90 degree angle with your legs
4. Toes pointed forwards

*****NOW REPEAT EXERCISES #1, #2, AND #3 ALL OVER AGAIN!***

Once you have done the Day 2 exercise two times then you are done.

Great Job!

PHASE 3: CHAMPS – 12 week home based exercise study

DAY 3: OVERVIEW

WARM UP: Complete the warm up options listed below to get your body ready for exercise!

STRETCH: Then find a space in your home to complete warm up stretches listed on next page.

EXERCISE: Complete entire Day 3 program twice through. You will be doing exercises that target your lower body.

When you exercise, you want to exercise at an RPE intensity of 4-6

****Remember to mark your workout on your workout calendar with a sticker, and record how hard you were working (RPE=____)****

RPE Scale	Rate of Perceived Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc

PHASE 3: CHAMPS – 12 week home based exercise study

DAY 3 – WARM UP & STRETCH

1. Go for a **20-minute brisk walk** or **15-minute jog** (RPE = 4-6). This should be how you would walk when you are in a rush to get somewhere.

OR:

Go **up and down your stairs 15 times**. Rest for 1 minute. Then go up and down your stairs 15 times again.

OR:

Alternate Warm Up

- 50 jumping jacks
- 20 high knees
- 50 jumping jacks
- 20 butt kicks
- 50 jumping jacks
- 20 high knees
- 50 jumping jacks

https://drive.google.com/open?id=1jB4sFYYKAwD2Wp33TSu3j_fhZz3N3H4w

2. Complete the **stretches** below.
 - Hamstring Stretch – hold for 30 seconds each leg
 - Thigh Stretch – hold for 30 seconds each leg
 - Butterfly Stretch – hold for 30 seconds
 - Calf Stretch – hold for 30 seconds each leg

<https://drive.google.com/file/d/1RPTtPZ7QOyKnMr1kb8jBIBTf10hzQIVL/view?usp=sharing>

<https://drive.google.com/open?id=12cFPiMly2nBCA-yYLZbpaBkpDUja709a>

PHASE 3: CHAMPS – 12 week home based exercise study

Day 3 EXERCISE #1 – SPLIT SQUATS

STEP 1 – Do 10 split squats on each leg (switching leg that is in front). RPE = 4-6.

STEP 2 – Rest for 15 seconds

STEP 3 – Then do another 10 split squats on each leg.

STEP 4 – Rest for 30 seconds. Then move on to Day 3 Exercise 2.

<https://drive.google.com/open?id=1DW6rAXrSCcX4ad8CtleV0NO-H82H3wGw>



Cues:

1. Both feet face forwards – go down into your normal lunge position
2. Ensure your knee does not go past your toes
3. Keeping your feet in place, come up from the lunge. Legs straighten. Then go back down into the lunge.
4. Do not take a break in between each repetition

PHASE 3: CHAMPS – 12 week home based exercise study

Day 3 EXERCISE #2 – BURPEES

STEP 1 – Do 12 burpees. RPE = 4-6.

STEP 2 – Rest for 30 seconds

STEP 3 – Then do another 12 burpees.

STEP 4 – Rest for 1 minute. Then move on to Day 3 Exercise 3.

https://drive.google.com/open?id=1db0il03aWgsHfS-Y_cKBg4YtkQVlCxMq



Cues:

1. Jump as high as you can – both at the beginning and end of the burpee
2. When you come down from your jump, get into a “plank” position
 - Hands in line with shoulders
 - Flat back – squeeze your core (no butts in the air!)
3. Modification – if you are unable to “jump back” into the plank position as showed in the video, get into the plank by stepping back one foot at a time. Still ensuring that once you are in the plank to have the proper form as listed above

PHASE 3: CHAMPS – 12 week home based exercise study

Day 3 EXERCISE #3 – SUMO SQUATS

STEP 1 – Do 10 sumo squats. RPE = 4-6.

STEP 2 – Rest for 15 seconds

STEP 3 – Then do another 10 sumo squats.

STEP 4 – Rest for 30 seconds.

<https://drive.google.com/open?id=1DW6rAXrSCcX4ad8CtleV0NO-H82H3wGw>



Cues:

1. Feet slightly wider than shoulder width apart, feet pointed at a 45 degree angle
2. Same as normal squat – sit back in a chair, flat back, knees do not go over toes
3. Make sure knees do not “collapse inwards”. Try to keep them in line with your feet.

****NOW REPEAT EXERCISES #1, #2, AND #3 ALL OVER AGAIN!**

Once you have done the Day 3 exercise two times then you are done.

Great Job!