

## Online Phase 4 Cardiac Rehab Exercise Classes:

- Two new classes are released every week
- Accessible 24/7 at [www.cardiaclauren.co.uk](http://www.cardiaclauren.co.uk), so exercise on a day and time that suits you
- All incorporate a 15-minute warm-up and 10-minute cool-down, with no need for special equipment
- Self-monitoring using the RPE Scale, with offered adaptations and alternatives to exercises to allow you to work at your own intensity and ability
- £25 monthly subscription - the equivalent of £2.90 a class!
- Access a video library of pre-recorded classes - so you can do your favourite class as often as you like!
- A weekly newsletter detailing which videos have been released
- Range of class styles:
  - Seated
  - Low Intensity & High Intensity
  - Better Balance
  - Mobility & Relaxation
  - Strength
  - Stamina
  - Non-Stop Cardiovascular
  - 20/30 Repetitions



Videos are suitable for anyone who wants to exercise whether you have a cardiac / medical condition or not.

**Sign up for your 14-day FREE Trial**  
**[www.cardiaclauren.co.uk](http://www.cardiaclauren.co.uk)**

Following the first 14 days, the monthly subscription is £25

