

Exercise Routine Guide

A printable how-to for the strengthening, flexibility, and balance moves in your COPD Toolkit. Warm up first, use pursed-lip breathing, and aim for an RPE of **4–6** (scale 0–9) — slightly short of breath, not gasping.

GOOD SYMPTOMS WHEN EXERCISING

- Light to moderate shortness of breath
- Sweating
- Legs feeling hot or tired
- Light muscular or joint pain

These are all normal.

BAD SYMPTOMS — STOP & CALL YOUR DOCTOR

- Chest pain
- Severe joint pain
- Dizziness
- Heart palpitations
- Severe or prolonged shortness of breath
- Headache

If any of these appear, stop or reduce the activity and notify your physician.

HOW OFTEN

Aim for these strengthening moves at least **3 times a week**. Start with 12 repetitions; add a second set when the first feels easy.

BREATHING

Exhale during the hardest part of each move. Breathe out twice as long as you breathe in. **Never hold your breath.**

WEIGHTS

Begin with **1–2 pounds** and increase gradually. An exercise buddy helps you stay consistent.

How to use this guide

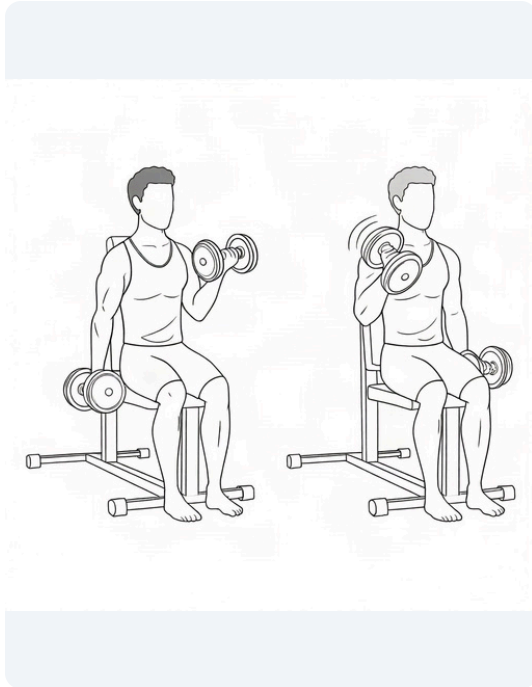
1. **Warm up** with light walking in place or gentle stretching before any strengthening work.
2. Work through **Upper Body → Abdominals → Flexibility → Balance** at a pace that keeps you in RPE 4–6.
3. Each card shows a photo, the muscle group, and numbered steps — follow them slowly and stop if bad symptoms appear.



SECTION 1 OF 4

Upper Body Exercises

Build arm, chest, and shoulder strength you use every day — including the muscles that help you breathe.

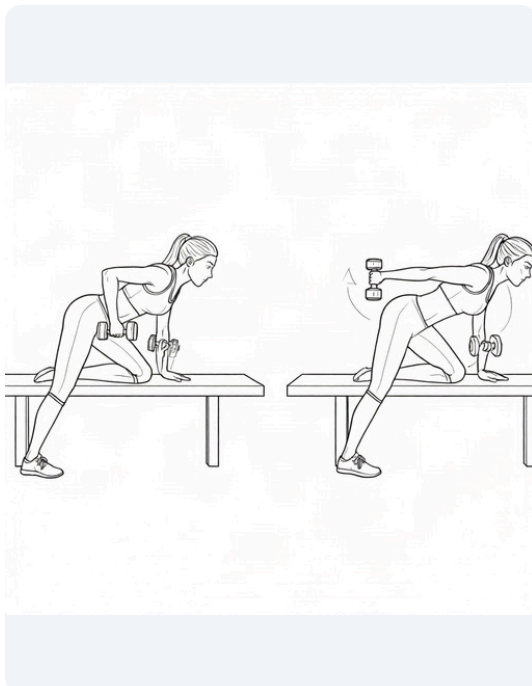


BICEPS

Alternate Seated Biceps Curl

STEPS

- 1 Sit on a chair with a weight in each hand.
- 2 Keeping your elbows close to your side, raise the weight up to your shoulder keeping your upper arm still.
- 3 Alternate arms.
- 4 Do 12 repetitions with each arm.

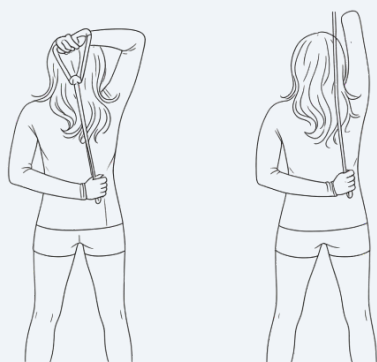


TRICEPS

Triceps Kickback

STEPS

- 1 Hinge forward from a split stance or bench, upper body nearly parallel to the floor.
- 2 Bend your elbow to 90 degrees, weight hanging down, upper arm still.
- 3 Extend your arm straight back, then return to start.
- 4 Do 12 repetitions, then repeat with the other arm.

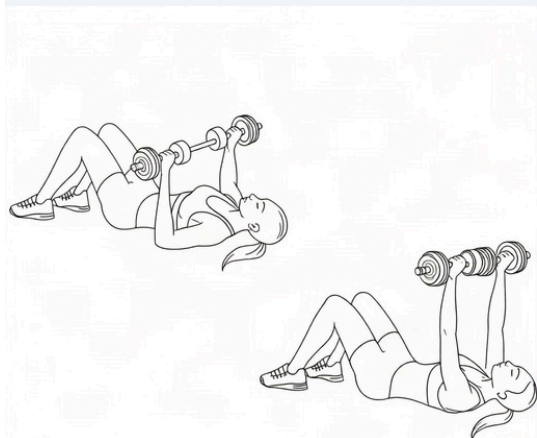


TRICEPS

Overhead Triceps Extension (Band)

STEPS

- 1 Stand with your back straight.
- 2 Hold the band's upper end behind your head, lower end behind your back.
- 3 Keeping your lower hand still, extend your upper arm straight up overhead.
- 4 Do 12 repetitions, then switch arms and repeat.

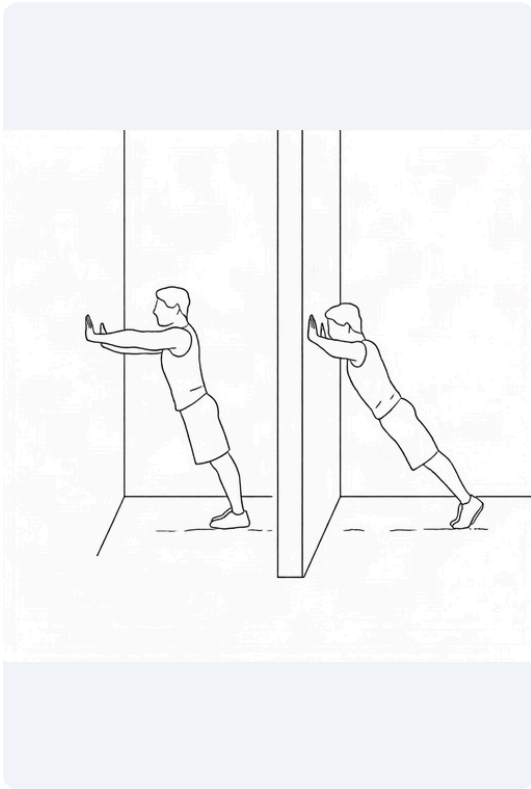


PECTORALS

Pectoral Press

STEPS

- 1 Lie on your back with a weight in each hand at chest level.
- 2 Extend your arms up towards the ceiling and then back down.
- 3 Repeat for 12 repetitions.

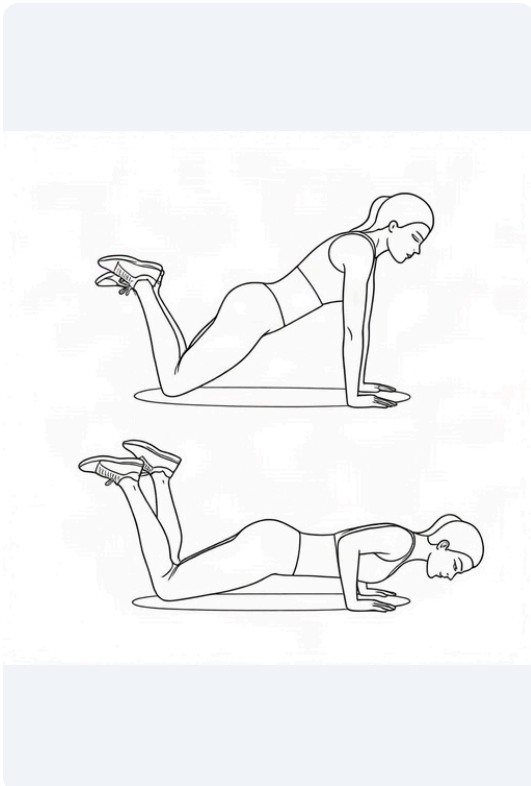


PECTORALS

Wall Push-Up

STEPS

- 1 Standing with your arms out straight and with your hands against the wall at shoulder level, slowly bend your elbows while keeping your body straight.
- 2 Push against the wall to return to your initial position.
- 3 Repeat for 12 repetitions.

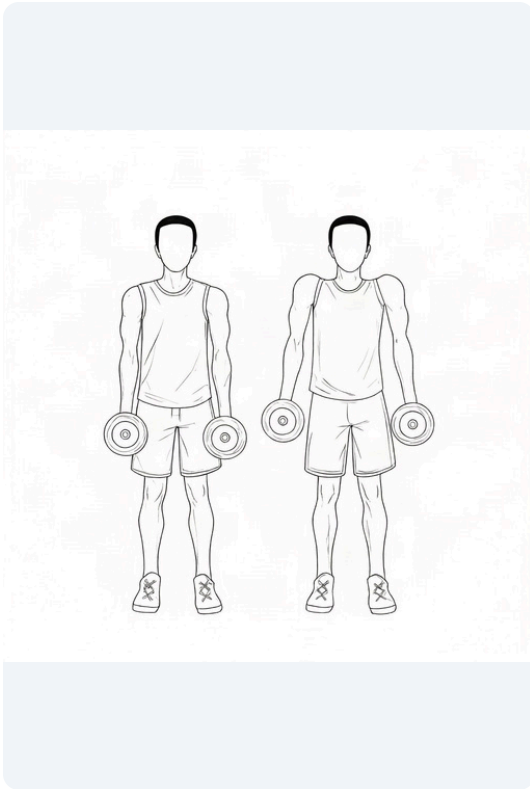


PECTORALS

Modified or Half Push-Up

STEPS

- 1 Stretch out on the floor on your hands and knees.
- 2 Slowly bend your elbows while keeping your knees on the ground.
- 3 Push back up to the initial position.
- 4 Repeat for 12 repetitions.

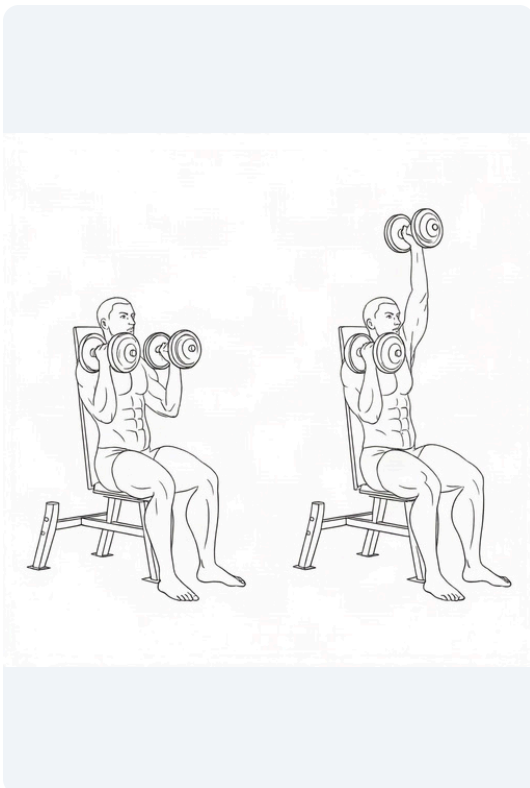


SHOULDER GIRDLE

Weighted Shoulder Roll

STEPS

- 1 Stand or sit with a weight in each hand at your side.
- 2 Raise your shoulders and roll them backwards.
- 3 Repeat for 12 repetitions.



SHOULDER GIRDLE

Overhead Press

STEPS

- 1 Stand or sit with a weight in each hand at shoulder level.
- 2 Extend one arm straight up, then lower it and repeat with the other arm.
- 3 Repeat for 12 repetitions.

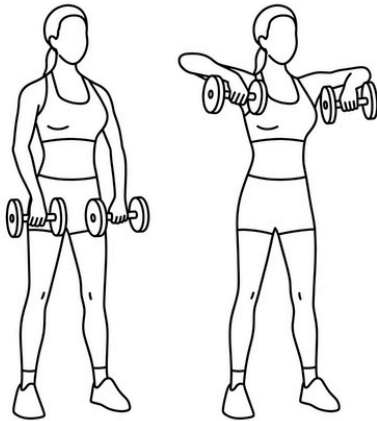


SHOULDER GIRDLE

Upright Row

STEPS

- 1 Stand or sit with a weight in each hand with your arms straight down.
- 2 Keeping your hands by your sides, raise your elbows as far up as possible.
- 3 Lower your elbows and repeat for 12 repetitions.



SECTION 2 OF 4

Abdominal Exercises

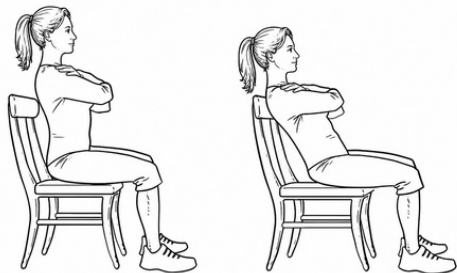
Core strength supports posture, breathing mechanics, and everyday movement.

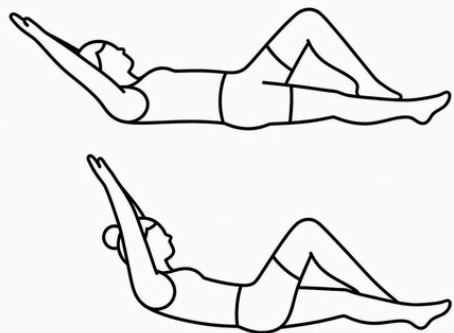
ABDOMINALS

Seated Trunk Lean Back

STEPS

- 1 Sit on a chair (or stool) with your arms crossed on your chest.
- 2 Lean back keeping your stomach muscles tight and then return to the starting position.
- 3 Repeat for 12 repetitions.
- 4 Keep your chin close to your chest during this exercise.



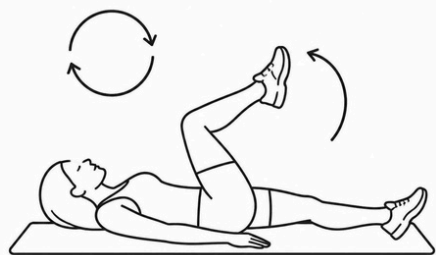


ABDOMINALS

Partial Sit-Up

STEPS

- 1 Lie on your back with your legs bent.
- 2 Extend your arms upwards then raise your head and shoulders off the floor and then lower head and shoulders back to the floor.
- 3 Repeat for 12 repetitions.
- 4 You may use a small pillow for neck support if necessary.



ABDOMINALS

Air Bike

STEPS

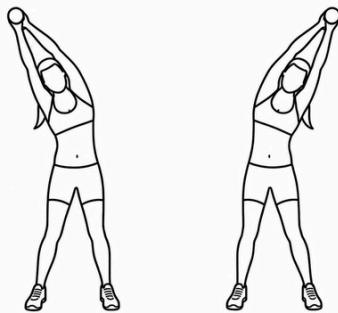
- 1 Lie on your back and raise your knees up.
- 2 “Pedal” in the air with your legs (bending and extending them one at a time) for 12 repetitions.
- 3 You may use a small cushion under your neck and lower back if necessary.



SECTION 3 OF 4

Flexibility Exercises

Gentle stretches for your trunk and hamstrings. Hold where you feel a mild stretch — never bounce or force the pose.

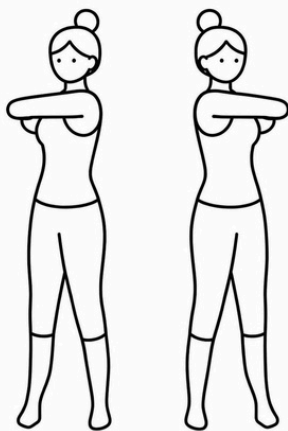


TRUNK

Standing Side Bend

STEPS

- 1 Stand with your feet apart, slightly wider than your shoulders, cross your arms on your chest.
- 2 Slowly tilt your body to one side back to the center and then over to the other side.
- 3 Hold each sideways pose for 20–30 seconds.
- 4 Do twice.

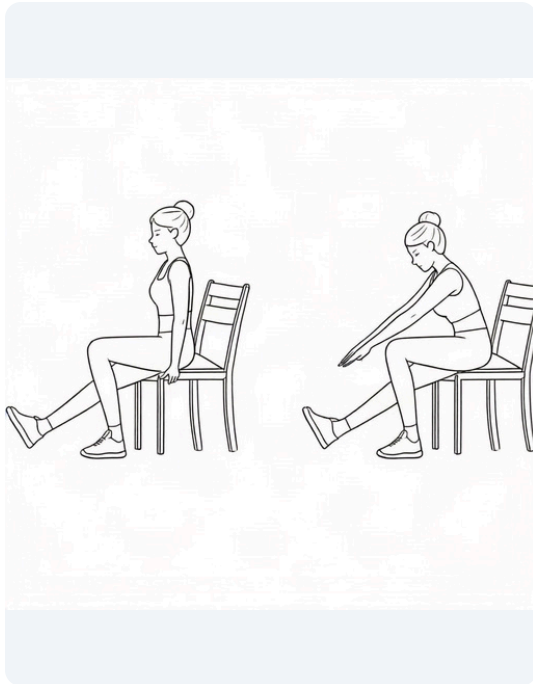


TRUNK

Standing Torso Twist

STEPS

- 1 Stand straight with your arms crossed and turn your shoulders and your head as if you are trying to look behind you.
- 2 Hold for 20–30 seconds and then look over your other shoulder.
- 3 Repeat.



HAMSTRINGS

Seated Hamstring Stretch

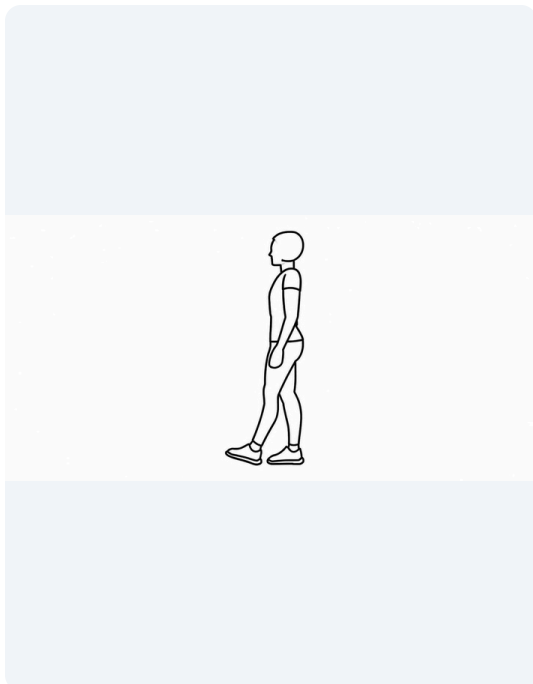
STEPS

- 1 Sit on a chair with one leg stretched out with the heel resting on the floor.
- 2 Slowly bend forward until you feel a slight discomfort behind your leg.
- 3 Hold for 20–30 seconds.
- 4 Repeat with the other leg for 2 repetitions.

SECTION 4 OF 4

Balance & Stretch

Stand near a wall or chair for support. These moves reduce fall risk and open the chest.



BALANCE

Heel-to-Toe Stand

STEPS

- 1 While standing, place one foot in front of the other with the heel touching the toes of the other foot.
- 2 Hold for 30 seconds.
- 3 Switch foot position and repeat.
- 4 Stand next to a wall or a chair so that you can hold onto it in case you lose your balance.



BALANCE

Single Leg Balance (3 Way Reach)

STEPS

- 1 While standing, place feet shoulder-width apart.
- 2 Move one foot as though you are drawing a triangle on the floor, touching each angle with the tip of your toes.
- 3 Repeat 5 times with each leg.
- 4 As your balance improves, try this exercise without touching the floor as you move your foot to each angle.
- 5 Stand next to a wall or a chair so that you can hold onto it in case you lose your balance.



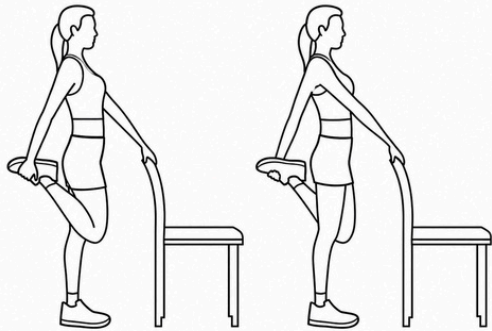
BALANCE

Single Leg Stance

STEPS

- 1 Standing with your feet close together, slightly lift one knee balancing on the other leg.
- 2 Hold for 10–20 seconds and repeat with the other leg for 2 repetitions.
- 3 Stand next to a wall or a chair so that you can hold onto it in case you lose your balance.





QUADRICEPS

Standing Quadriceps Stretch

STEPS

- 1 Stand with one knee resting on a chair.
- 2 Tilt your pelvis forward until you feel a stretch in your front thigh.
- 3 Hold for 20–30 seconds.
- 4 Repeat with the other leg for 2 repetitions.



PECTORALS

Doorway Pectoral Stretch

STEPS

- 1 Stand in the doorway with your arms behind you holding on to the door frame.
- 2 Tilt your body forward until you feel a stretch along your chest and arms.
- 3 Hold for 20–30 seconds, return upright and then repeat.