

Online Phase IV Cardiac Rehab Exercise Classes:

- Two new classes released every week as per a timetable published at the beginning of the month
- Accessible 24/7 at www.cardiaclauren.co.uk, so exercise on a day and time that suits you
- £20 monthly subscription - the equivalent of £2.30 a class!
- Access to a video library of pre-recorded classes
- 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
- Weekly newsletter detailing which videos have been released
- Range of class styles:
 - Seated
 - Low Intensity
 - High Intensity
 - Better Balance
 - Mobility
 - Strength
 - Non-Stop CV



**Join now for only £5 and receive your
first month free!**

Use the coupon code: 1FreeCL

*Following the first month, the monthly subscription is £20

Patient Reviews

"Great variety. Always cheerful. Fully recognises we all have our limitations, so all exercises can be adapted to suit individual circumstances!"

Mark – Pacemaker, Valve Replacement, Aortic Root Replacement, CABG

"I really like the classes for the variety of different activities ... they are geared for any fitness level and the emphasis is always on knowing your own limits and safety. I especially enjoy the stretching classes and combination class."

Sharon - PCI & Type II Diabetes

"Lauren's online classes are an excellent way of keeping in touch and keeping active during this strange period, with the accent on maintaining strength and fitness by targeting specific areas of the body."

Marjorie – TAVI

"I first met Lauren for rehab after heart surgery and at once liked her because of her friendly and conscientious attitude. I would be confident to recommend her to anyone considering using her services."

Bill – Endocarditis, Pacemaker, Valve Repair, Aortic Root Replacement



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