

# Carolina Sports Concussion Clinic

## General Fitness Specific Exercise Progression

Name of Athlete: \_\_\_\_\_

Date of Concussion: \_\_\_\_\_

	EXERCISE	Day/Date	COMPLETED / COMMENTS	
<b>Stage 1</b>	<i>Goal is to reach 30-40% of maximum heart rate</i> Walking at medium pace (2.5 mph) or riding a stationary bike for 20-30 minutes.		YES	Supervisor's initials _____
			NO	
<b>Stage 2</b>	<i>Goal is to reach 40-60% of maximum heart rate</i> Walking at medium pace, jogging (light pace), or use of elliptical machine or stationary bike with very light or no resistance for 20-30 minutes. Sit-ups x 25 Push-ups x 10 Lunge walks x 20		YES	Supervisor's initials _____
			NO	
<b>Stage 3</b>	<i>Goal is to reach 60-80% of maximum heart rate</i> Walking at brisk pace, jogging (medium pace), or use of an elliptical machine OR stationary bike with mild resistance for 30 minutes. Sit-ups x 30 Push-ups x 10 Lunge walks x 30		YES	Supervisor's initials _____
			NO	
<b>Stage 4</b>	<i>Goal is to reach 80% of maximum heart rate</i> Walking at fast pace (incline optional), jogging (medium pace, incline/hills optional), or use of an elliptical machine or stationary bike with moderate resistance for 30 minutes. Sit-ups x 40 Push-ups x 15 Lunge walks x 30		YES	Supervisor's initials _____
			NO	
<b>Stage 5</b>	<i>Goal is to reach full exertion.</i> Walking at fast pace (add incline), jogging (medium to fast pace, add incline/hills), or use of an elliptical machine or stationary bike with moderate resistance for 30-45 minutes. Light weightlifting acceptable (high repetitions using light weights).		YES	Supervisor's initials _____
			NO	
<b>Stage 6</b>	<i>Goal is to reach &amp; maintain full exertion.</i> Choice of cardiovascular exercise 40-45 minutes, choice of weightlifting activity with resumption of normal resistance.		YES	Supervisor's initials _____
			NO	

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