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	Stage 1 (Before Clearance)	Stage 2 (2 Days Minimum)	Stage 3 (1 Day Minimum)	Stage 4 (1 Day Minimum)	Stage 5 (2 Days Minimum)	Stage 6 (Earliest at Day 7)
Activity	Minimum / Rest Period	Light Activity	Frequency of Training Increases	Duration of Training Increases	Intensity of Training Increases	Resume Normal Training / Activity
Exercise Allowed	Walking, Activities of Daily Living	Walking, Light Jogging, Sationary Bike NO Resistance Training	Simple Movement Activities (Running Drills)	Progression to More Complex Training Activities May Add Light Resistance Training	Normal Training Activities	
% Heart Rate Max		<70%	<80%	<80%	<80%	
Duration	Minimum 10 Days	 <15 mins	 <30 mins	 <45 mins	 <60 mins	
Objective	Recovery Time to Protect Cardio-Respiratory System	Increase Heart Rate	Increase Load Gradually, Manage Any Post Viral Fatigue	Exercise Coordination	Restore Confidence and Assess Functional Level	
Monitoring	Monitor For Cardiac Symptoms: Exertional Chest pain, Palpitations, Syncope/Presyncope					

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