Recruit participants as myocardial ischemia inpatients; obtain consent

Baseline assessment

Random allocation

Control group

Visit 1 (Outcomes assessment 1 month)
Control blood test
Exercise stress test

Visit 2 (Outcomes assessment 3 months)
Control blood test
Exercise stress test

Supervised outpatient exercise training program
(10 weeks, 3 alternate sessions/week, 1h/session)
Session: 10 minutes of warm-up and muscle stretching + 30 minutes of aerobic exercises (cycloergometer) at 75-90% heart rate max (RPE:11-15)+ 15 minutes of isotonic exercises of upper and lower extremities (10-15 repetitions for three sets) (RPE :11-14) + 5 minutes of cool-down.

Visit 3 (Outcomes assessment at 6 months)

Visit 4 (Outcomes assessment at 12 months)
Control blood test