

Medications	Heart Rate	Blood Pressure	Clinical Relevance to Exercise
β-Blockers Any of a group of drugs (as propranolol) that combine with and block the activity of a beta-receptor to decrease the heart rate and force of contractions and lower high blood pressure and that are used especially to treat hypertension, angina pectoris, and ventricular and supraventricular arrhythmias	↓ at rest and with exercise	↓ at rest and with Exercise	<ul style="list-style-type: none"> Monitor for symptoms of hypotension or bradycardia* Intensity monitoring reliant on HR should be avoided
Nitrates Used in the treatment of angina pectoris and as preservatives in meat products. Some individuals have sensitivity to nitrates and may suffer from headache, diarrhea, or urticaria after ingesting.	↑ at rest ↑ or no change with exercise	↓ at rest ↓ or no change with exercise	<ul style="list-style-type: none"> For acute use, hypotension and reflex tachycardia are common. Monitor HR and BP. Exercise should be ceased. Monitor symptoms of hypotension, tachycardia and Angina
Calcium channel blockers Any of a class of drugs (as verapamil) that prevent or slow the influx of calcium ions into smooth muscle cells especially of the heart and that are used especially to treat some forms of angina pectoris and some cardiac arrhythmias	No change at rest or with exercise (Dihydropyridines) or ↓ at rest and with exercise (Verapamil and Diltiazem)	↓ at rest and with exercise	<ul style="list-style-type: none"> Monitor for symptoms of hypotension (+/- bradycardia) Dihydropyridines (e.g. amlodipine, felodipine, lercanidipine, nifedipine) have greatest effect peripherally and therefore work to lower BP. Tachycardia may occur as an infrequent adverse effect Verapamil and diltiazem depress sinoatrial and atrioventricular node conduction as well as causing peripheral vasodilation, therefore affect both HR and BP Intensity monitoring reliant on HR should be avoided
Digoxin A cardiotonic steroid C ₄₁ H ₆₄ O ₁₄ obtained from a foxglove (Digitalis lanata) and used especially to treat atrial fibrillation	↓ in patients with AF and possibly CHF	No change at rest or with exercise	<ul style="list-style-type: none"> Monitor for signs of bradycardia