### Categories
- Split Program
- Other health professionals
- Other heart patients
- Other rehabilitation elements
- CPET
- Treatment
- Reasons
- Worries
- Facilities
- Obligations
- Future
- Physiotherapist
- Workout class
- Cardiac arrest
- Everyday
- Information
- Comorbidities
- Lifestyle changes
- Logistics
- Meaning with training
- Opinions of the municipality
- Motivation
- New cardiac disease
- Family/social support
- Environment
- Self-empowerment
- Self-administered workout
- Symptoms
- Previous experiences with physical activity
- Previous experiences with the municipality
- Safety
- Importance
- Do without exCR

### Emergent themes
- Split program
- Everyday
- Municipality
- Meaningfulness
- Hospital-based training
- Self-administered vs. Municipal based training
- Course of disease

### Overarching themes
- Initiating exercise-based cardiac rehabilitation
- Transition and discontinuation – an option for self-management

### Interpretation
- Perceived meaningfulness

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**Coding tree**