**Case example.**

34-year-old patient; shortly after birth repair of tetralogy of Fallot with transannular patch: severe pulmonary valve regurgitation; end-diastolic volume index: 135 ml/m2, end-systolic volume index: 68 ml/m2, ejection fraction of the right ventricle 50%; right bundle branch block with QRS duration of 145 msec, no arrhythmia; peak oxygen consumption 25 ml/kg/min, maximum heart rate 165 beats per minute, no desaturation. No medication.

**Advice physical activity:**

Functional class I; mild signs of volume load of the right ventricle, no systolic dysfunction of the right ventricle.

* Up to moderate static exercise

Normal exercise capacity with maximal heart of 165 beats per minute.

* Training intensity 90-75% of maximum heart rate

Conclusion:

* Up to moderate static exercise with training intensity 124 – 149 beats per min
* 3,5 hours per week
* Sessions of at least 30 min per day
* Yearly follow-up including exercise assessment

**Advice competitive sport:**

Functional class I; mild signs of volume load of the right ventricle, no systolic dysfunction of the right ventricle.

* Maximum intensity
* > 3,5 hours per week
* Skilled, power, or mixed sports, endurance not recommended
* Yearly follow-up including exercise assessment