

## GENERAL EXERCISE GUIDELINES

Based upon the American College of Sports Medicine (ACSM) Guidelines

	<b>Resistance Training</b>	<b>Aerobic Conditioning</b>	<b>Stretching</b>
<b>F = Frequency</b>	2-3 times per week	3-6 times per week	At least 3 times per week
<b>I = Intensity</b>	Progressive Overloads	50-85% of THR	To a position of mild discomfort
<b>T = Time</b>	30-60 minutes	20-30 minutes	10-30 seconds for each stretch
<b>M = Mode</b>	Machine or free weight with 8-10 resistance exercises from large to small muscle groups	Any activity that uses large muscles rhythmically, such as aerobic dance, treadmill, lifecycle, and stepper	Static stretching, with emphasis on low back and thigh muscles
<b>Repetitions</b>	1 set of 8-12 reps For general strength and endurance	NA	Hold for 13 seconds. 3-5 times

### Calculating Training Heart Rate (Karvonen method)

In the morning or after 10 to 15 minutes seated rest, take pulse at the carotid with your first two fingers. Take pulse for 60 seconds, start counting with zero. This is your resting heart rate (RHR). Typical RHR's are between 60 and 100 bpm. Max H.R. is estimated by subtracting your age from 220.

Training Heart Rate = (Max H.R. – R.H.R.) X Intensity + R.H.R.

$$220 - \frac{\text{age}}{\text{age}} = \text{Max H.R.} \quad \frac{\text{Max H.R.} - \text{Rest H.R.}}{\text{Max H.R.} - \text{Rest H.R.}} \times \frac{\text{Intensity}}{\text{Intensity}} + \frac{\text{R.H.R.}}{\text{R.H.R.}}$$

<b>Workout Overview</b>					
5 – 10 min. warm-up	5 – 10 min. stretching	30 – 60 min. resistance training	20 – 30 min. aerobic conditioning	5 – 10 min. cool down	5 – 10 min. stretching

For further assistance regarding our Personal Training services call 740-972-1709.