

Resistance Exercise Recommendations

Resistance exercise is meant to increase muscle strength and endurance through using some form of resistance including your bodyweight, resistance bands, weight machines, or free weights. It is recommended to perform resistance exercise targeting the major muscle groups (upper body, lower body, and core muscles) 2-3 times per week.

To achieve this, I will participate in resistance exercise ____ times per week.

To start, choose a weight that allows you to do 1-2 sets of 10-15 repetitions of each exercise. It should feel somewhat hard, but you should be able to perform each exercise in a slow and controlled manner. Between sets, rest for 1-2 minutes. It is recommended to choose 3-5 exercises per workout. A proper warm-up and cooldown is very important before and after resistance exercise. Walking or jogging and stretching for 5-10 minutes before and after exercise is recommended.

Exercise Prescription:

Exercise	Sets	Repetitions	Intensity/RPE

For examples of resistance exercises and workout ideas, visit our website for more information.

Resistance exercise will become easier over time due to increased fitness. To progress, increase the resistance when it becomes easy to complete 15 repetitions of one exercise. Another way to progress could include adding an additional set, such as performing 3 sets of an exercise rather than 2 sets.

Safety is a priority while exercising. Remember to breathe while completing repetitions - do not hold your breath! Stop exercising if you feel lightheaded or dizzy, chest pain or pressure, or extremely short of breath.

Beginner

Upper Body	Lower Body	Core
Wall pushups Lateral raise	Sit to stands Calf raises	Standing oblique Seated/standing marching

Moderate

Upper Body	Lower Body	Core
Pushup Chest press Bicep curl Tricep extension	Squat Lunge Hip hinge Wall sit Glute bridge	Plank Side plank Dead bug

Advanced

Upper Body	Lower Body	Core
Overhead press Bent over row	Deadlift Hip thrust	Loaded carry Inchworm