

Fit & Lean in 2014

4.5: Basic Strength-Training Guidelines

The second essential part to any comprehensive exercise program is strength (or resistance) training.

You should be performing muscle strengthening activities on 2 or more days a week that work all major muscle groups. These groups consist of: legs, hips, back, abdomen, chest, shoulders & arms.



To gain health benefits, these activities need to be done to the point where it's hard for you to do another repetition without help.

A repetition is one complete movement of an activity, like lifting a weight or doing a sit-up. Try to do 8-12 reps per activity. This would be considered a set.

Try to do at least 1 set of muscle-strengthening activities but for more health benefits, aim to do 2-3 sets.

You can do muscle-strengthening activities on the same day as aerobic activity but keep in mind they do not count towards your aerobic minutes.

Strength-Training: What Counts?

- Lifting weights
- Working with resistance bands
- Doing exercises that use your body weight for resistance (ie: push ups, sit ups, etc.)
- Heavy gardening or manual labour (digging, shoveling, etc.)
- Yoga



Source: www.cdc.gov