

Fitness Floor Basics
Choosing the right weight, sets and reps

Resistance training is any exercise that causes the muscles to contract against an external resistance with the expectation of increases in strength, tone, mass, and/or endurance.

Benefits:

- ✓ Builds muscle strength/endurance which leads to reduced strain from ADL's
- ✓ Helps maintain muscle mass as we age
- ✓ Improve bone density and maintain it over time
- ✓ Help raise metabolic rate leading to maintain body weight
- ✓ Decrease risk of heart disease
- ✓ Improve cholesterol levels

Resistance Training Guidelines For General Health

- ✓ 2 days / week
- ✓ 8 – 10 exercises targeting major muscle groups
- ✓ Minimum one set of 8-12 maximal repetitions for healthy adults or
- ✓ 10-15 repetitions for older and frail individuals

Frequency:

Novice

- ✓ total body 2-3 non consecutive days per week.

Intermediate individuals should train

- ✓ 3 days if using full body workouts or 4 days if using an upper/lower body split routine, training each major muscle group twice per week.

Advanced

- ✓ 4-6 days per week
 - training each major muscle group 1-2x / week.
 - split routines are common - train 1-3 muscle groups per workout allowing for high volume per muscle group.

How much weight?

When selecting an appropriate weight for each exercise, remember that you want to be fatigued at the end of the set. This means you want to be using a weight in which you cannot perform 2-3 more repetitions of the exercise.

When to increase the load?

Rule of 2: When you are able to complete 2 additional repetitions, for 2 sets and for 2 consecutive workouts, it is time to increase the weight by 2-10%.

Training for a Specific Purpose?

	Intensity	Sets	Reps	Rest Periods (between each set)
Muscular Strength	>80%	2-6	1-8	2-5 min
Muscular Power	75-90%	3-5 sets	1-6	2-5 min
Muscular Hypertrophy	70-85%	3-6	6-12	1-3 min
Muscular Endurance	50-75%	2-4	>12	30 - 60 sec.



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