

Exercise Recommendations

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



STRENGTH

✓ **Resistance/Weight Training:** (↑ muscle & ↑ metabolism)

- ≥ 1 set for 8-10 different muscle groups gives “balanced” strength.
- 8-15 repetitions depending upon fitness and ability.
- Resistance can be achieved with Olympic weights, machines, dumbbells, tubing, body weight, and other forms of equipment.
- **Note: “Functional Training” exercises can follow a different program design than the standard set of 8-15 reps.*

CARDIORESPIRATORY AEROBIC FITNESS

✓ **Frequency:** (3-5 days per week—preferably “most days”)

✓ **Intensity:** (40/50-85% of Heart Rate Range-HRR)

- 50% (feels “fairly light”)
- **65% (feels “somewhat hard” & normal talking is difficult)**
- 75% (feels “hard”)
- 85% (feels “very hard”)

*** Do your best to exercise at the 65% target range.** This is a safe level for people who have been exercising including seniors. At this level of exertion, you will begin to make “optimal” fitness gains. Beginners should work up to this level.

*** Medication Alert:** If you are taking **cardiovascular medications** that “blunt” heart rate such as beta blockers, calcium channel blockers, alpha receptor blockers, you must see your physician **before** exercising! You must also use the “Borg Scale” Rate of Perceived Exertion (RPE) instead of % of your heart rate reserve.

✓ **Duration:** (20-60 minutes depending upon intensity)

- **Basic recommendation is *30 minutes per day.**
- *30 minutes can be broken down into 10-15 minute bouts throughout the day—as long as it adds up to 30 minutes, you’re meeting the 30 minute recommendation.

FLEXIBILITY

✓ **Static Flexibility:** Follows activity 2-3 days per week; hold each position ≈20-30 seconds.

✓ **Dynamic Flexibility:** Perform before, during, or after workouts.

*** Goal=Normal Range of Motion [ROM] without pain.**

References: Ron Jones, & “American College of Sports Medicine Position Stand: The Recommended Quantity & Quality of Exercise for Developing & Maintaining Cardiorespiratory & Muscular Fitness, and Flexibility in Healthy Adults.” (1998)

* Ron Jones (9.3.07)

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