

* Resting HR should be taken upon natural (without an alarm) rising in the morning. Starting with zero, count your pulse for 30 seconds and multiply by 2 to get the HR per minute. Average over three days for best results.

** RPE is a subjective measurement which can be used to determine the intensity of an aerobic workout. Rating workouts 12-16 (somewhat hard to hard), correlates very well with the target HR range of 50 to 85% Max HR Reserve. To determine your RPE, utilize cues such as the increased rate of breathing, a “sense” that the HR is faster, tiredness or burning in the working muscles, etc., and ask yourself “How hard does it feel like I’m working?” Don’t focus on just one of the cues, but rate the overall feeling of work intensity.

The relationship between Duration and Intensity is important – if you work out at higher intensities, decrease exercise duration; if you work at lower intensities, increase exercise duration.

Strength training

American College of Sports Medicine recommendations for strength training in addition to aerobic training.

	Sets	Repetitions	Days/Week
Health/Fitness	1	8 to 12	2 to 3
ACSM guidelines			

Include one exercise per major muscle group. Upper body major muscle groups include chest, back, shoulder, biceps and triceps. Lower body major muscle groups include quadriceps, hamstrings, gluteals, and calves. Last, but not least, abdominals and low back are considered major muscle groups, commonly referred to as core strength. Recommended exercises include Lat Pull downs and Seated or Bent-over rows for the upper back, Bench or Chest press for chest muscles, Biceps curls and Triceps extension for upper arms, Front raise or Overhead press for shoulders, Leg extension for quadriceps, Leg curls for hamstrings, Leg press for gluteals and quads, partial curl-ups for abdominals, and Back extension for lower back.

References

Pollock, M.L. Gaesser, G.A. Butcher, J.D. Despres, J.P., Dishman, R.K., Franklin, B.A. & Garber, C.E. (1998). American College of Sports Medicine. Position Stand: The recommended quantity and quality of exercise for developing and maintaining cardiorespiratory and muscular fitness in healthy adults. *Medicine and Science in Sports and Exercise*, 30, 975-991.

American College of Sports Medicine. *ACSM’s Guidelines for Exercise Testing and Exercise Prescription*, 7th ed. Baltimore: Lippincott Williams & Wilkins, 2006.

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: **Dial-A-Nurse at 333-2700**

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: <http://www.mckinley.uiuc.edu>