EXERCISE AND THE HEART

Cardiac Benefits of Exercise

- Increase heart muscle strength
- Decrease blood pressure
- Decrease resting heart rate
- Increase collateral circulatory growth
- Decrease further heart attack risk
- Decrease triglycerides
- Increase good cholesterol

General Benefits of Exercise

Exercise can add years to your life and add life to your years.

Exercise can help you:

- Lose weight and keep it off permanently
- Reduce your risk of dying prematurely
- Reduce your risk for stroke, and some types of cancer
- Control or prevent diabetes
- Manage stress
- Improve your sense of well-being
- Strengthen your bones and prevent osteoporosis
- Reduce your cravings for cigarettes if you are trying to stop smoking
- Have more energy and pep
- Relax and sleep better at night

Aerobic Exercise

To get cardiac benefits, you must do aerobic exercise. *Aerobic* means “using oxygen for energy.” Aerobic exercises use large muscles (legs, shoulders, chest, and arms), are rhythmic in nature, and can be performed continuously. Aerobic exercise burns calories and is critical to losing fat and keeping it off. The more aerobic exercise you do, the more calories you burn. Examples include brisk walking, jogging, swimming, cycling, skating, dancing, climbing stairs, rowing, and other similar activities.
Your mentor will help you select a type of aerobic exercise appropriate for you as you get started. Most people find they are more likely to stay with an exercise program if they choose an activity that is convenient and enjoyable to do.

If you choose:

**Walking**—It can be done almost anywhere, alone or with a partner. You only need a pair of comfortable shoes. No special skills are needed and the risk of injury is very low. A shopping mall is a good place to walk.

**Jogging**—Jogging is similar to walking, but it may cause injury if you are not used to strenuous exercise. The impact on the joints is sometimes a problem for someone who has had a previous injury.

**Swimming**—You need a place to swim. If you don’t know how to swim, you will need to take lessons.

**Cycling**—You need a bicycle or stationary cycle. Cycling outdoors may present some risks for injury. Always wear a helmet when riding outdoors.

**Dancing**—You need a partner or group to participate, and some skills. Fees might be involved.

**Skating**—You need a pair of skates and some special skills. Falls are a potential risk.

**Climbing stairs**—Most people use a stair climbing machine for this exercise. Taking the stairs instead of the elevator is an example of *lifestyle physical activity*.

**Rowing**—Most people use a rowing machine for rowing.
The most important piece of exercise equipment is a good pair of shoes. Invest in comfortable shoes designed for the specific type of exercise you will do. If you find an affordable shoe that works well for you, stay with that model. Recent advances have resulted in shoes designed for specific types of weight-bearing exercises and engineered to suit different types of feet. For example, you may have feet that over-pronate or roll inward too much on striking the ground. If so, you will need shoes that provide extra stability and motion-control features to minimize this excessive foot motion. In contrast, your feet may not pronate enough. Because a certain amount of pronation is needed for adequate shock absorption, you would be better off with shoes that have good cushioning and shock-absorbing properties. A quality sporting goods or shoe store with knowledgeable sales staff is a good source of information about the correct shoe for your particular needs.

Based on your foot type, choose the appropriate shoe:

**Normal** – lands on the outside of the heel, then rolls inward (pronates) slightly to absorb shock. Recommend stability shoes with a semi-curved shape for cushioning and durability.

**Flat** – strikes the ground on the outside of the heel and rolls inward (pronates) excessively. Recommend motion-control shoes with a straight or semi-curved shape.

**High-arched** – doesn’t pronate enough so it’s not an effective shock absorber. Recommend cushioned shoes with a curved shape and plenty of flexibility to encourage foot motion.

**Tips for Buying Athletic Shoes**

- Shop for shoes at the end of the day when your feet are likely to be larger.
- Take along the type of sock you will be wearing with the shoes.
- Spread and wiggle your toes while standing to be sure there is enough room in the toe box. Your longest toe should be about a thumbnail’s width from the end of the shoe.
- Lace your shoes and check the space between the lace holes across the tongue of the shoe. There should be about one inch of space for a good fit.
- Stand on your tiptoes to be sure the heels don’t slip.
- The arch of the shoe should support the arch of your foot.
- Walk or jog around the store to test for comfort and cushioning.

**When To Buy New Shoes**

If you answer “yes” to any of these questions, it’s time for new shoes.

- Is the tread pattern worn?
- Has the heel support worn on either side?
• Is the toe box thin or worn?
• Are your feet tired after exercise, especially in the arches?
• Do you feel pain in the shins, knees, or hips after exercise?

Aerobic exercise is the best type of exercise because it allows you to burn the most calories with the least effort. The other four factors are commonly referred to as the F.I.T.T. prescription.

\[ F = \text{Frequency (how often you exercise)} \]
\[ I = \text{Intensity (how hard you exercise)} \]
\[ T = \text{Time (how long you exercise)} \]
\[ T = \text{Type of exercise} \]

**Frequency + Intensity + Time + Type = Number of Calories Burned = Improvement in Cardiovascular Fitness**

The F.I.T.T. prescription makes it easy to get started on an exercise program. Your mentor will outline an exercise prescription for you for a week at a time. You will start slowly and progress gradually as your fitness improves.

**F – Frequency – How Often?** Plan to do aerobic exercise on most days of the week. Five exercise sessions per week are ideal.

**I – Intensity – How Hard?** Your exercise should feel “fairly light” to “somewhat hard” (11 – 13 on RPE scale). Your breathing rate will increase and you will perspire, especially if it is warm. Don’t work so hard that you can’t talk while exercising. If you feel you could sing, you probably could work a bit harder.

**T – Time – How Long?** Try to exercise without stopping, including time for warm-up and cool-down. Your long-term goal is to exercise for a total of 45+ minutes per session.

**T – Type—What to Do?** Activity that utilizes large muscles, is rhythmic in nature, and sustained.

**Warm-Up and Cool-Down**

For safety reasons, a warm-up period is recommended as you begin each exercise session. Likewise, a cool-down period should follow at the end of the exercise session. The warm-up period allows the heart, muscles, and joints to gradually adjust to the work they will do during exercise. The cool-down period allows the body to gradually return to a resting state.
Perform the exercise you intend to do, but at a slower pace, for at least three minutes at the beginning and end of your exercise session. Walking is an excellent way to warm-up and cool-down for any type of exercise.

**Exercise Safety Tips**

*Stop exercising immediately and call your doctor if you experience any of these symptoms:*

- Pain or discomfort in your chest, abdomen, back, neck, jaw or arms
- Unusual shortness of breath during exercise
- Nausea during or after exercise
- Dizziness or fainting
- An irregular pulse (if it is usually regular)

1. *Drink* one cup of water every 20 to 30 minutes during exercise, especially if it’s hot and humid.
2. *Exercise before meals,* or an hour afterwards.
3. *If you have allergies,* exercise indoors or exercise outdoors early in the morning. If you exercise outdoors, find a safe place to exercise.
4. *Dress in comfortable, loose-fitting clothes* that are appropriate for the type of exercise you will do. Clothing should allow sweat to evaporate and prevent overheating. Dressing in layers you can peel off will allow you to make adjustments to the weather.
5. *Listen to your body.* Minor muscle soreness is common at first, but goes away as your fitness improves. Don’t push yourself so hard you don’t enjoy the exercise you do or feel tired for a long time after you have stopped. Report any injuries to your mentor immediately.

If you exercise too easy – below the lower level of your target intensity range – you won’t get much benefit or improvement. You want to be sure your exercise program is as safe as possible.

**Exercise Chart**

Warm-up by starting out slowly (1).
Exercise within your recommended target intensity range (2).
Cool-down properly by slowing gradually at the end of your exercise session (3).
Using Ratings of Perceived Exertion (RPE) to Monitor Exercise Intensity

One way to monitor how hard you are exercising is to give an overall, at-the-moment rating of how hard the exercise feels to you. The Ratings of Perceived Exertion (RPE) scale has numbers from 6 to 20, with words describing the odd numbers on the scale. You can use this scale for rating your effort during any type of exercise. Don’t rate any one specific aspect of your exercise, such as breathing or tired legs. Focus on your overall feeling of effort. Be honest in your rating. If you are in doubt, pick the higher number—between 11 – 13 is best.

**Ratings of Perceived Exertion (RPE) Scale**

<table>
<thead>
<tr>
<th>RPE</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Very, very light</td>
</tr>
<tr>
<td>8</td>
<td>How you feel when lying in bed or sitting</td>
</tr>
<tr>
<td>9</td>
<td>Very light</td>
</tr>
<tr>
<td>10</td>
<td>in a chair relaxed.</td>
</tr>
<tr>
<td>11</td>
<td>Fairly light</td>
</tr>
<tr>
<td>12</td>
<td>Little or no effort.</td>
</tr>
<tr>
<td>13</td>
<td>Somewhat hard</td>
</tr>
<tr>
<td>14</td>
<td>Target range: how you should feel with exertion or activity.</td>
</tr>
<tr>
<td>15</td>
<td>Hard</td>
</tr>
<tr>
<td>16</td>
<td>Target range: how you should feel with exertion or activity.</td>
</tr>
<tr>
<td>17</td>
<td>Very Hard</td>
</tr>
<tr>
<td>18</td>
<td>How you feel with the hardest work you have ever done.</td>
</tr>
<tr>
<td>19</td>
<td>Very, very hard</td>
</tr>
<tr>
<td>20</td>
<td>Maximum</td>
</tr>
<tr>
<td></td>
<td>Don’t work this hard!</td>
</tr>
</tbody>
</table>

Using Target Heart Rate to Monitor Exercise Intensity

Another way to know how hard you are exercising is to check your heart rate or pulse. You will wear a special heart rate monitor while exercising. It is easy to use and gives a more accurate measure of your heart rate than you can take yourself. We will assess your target heart rate zones for exercise. If you don’t have a heart rate monitor, you can learn to take your pulse.

1. Locate the pulse in your wrist. Place your index and middle fingers on the side of your wrist nearest your thumb. Press lightly with the pads of your fingers. You should be able to feel your pulse each time your heart beats.
2. Count your pulse for 15 seconds. Multiply that number by 4 to get your heart rate (beats per minute). See the chart below for 15 second pulse rate.
**You should not experience chest discomfort or other alarming symptoms while you are exercising. If you do, slow down – even if you have not exceeded your maximum heart rate number and/or maximum RPE number.**

<table>
<thead>
<tr>
<th>BP / 15</th>
<th>PULSE</th>
<th>BP / 15</th>
<th>PULSE</th>
<th>BP / 15</th>
<th>PULSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sec.</td>
<td></td>
<td>Sec.</td>
<td></td>
<td>Sec.</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>72</td>
<td>25</td>
<td>100</td>
<td>32</td>
<td>128</td>
</tr>
<tr>
<td>19</td>
<td>76</td>
<td>26</td>
<td>104</td>
<td>33</td>
<td>132</td>
</tr>
<tr>
<td>20</td>
<td>80</td>
<td>27</td>
<td>108</td>
<td>34</td>
<td>136</td>
</tr>
<tr>
<td>21</td>
<td>84</td>
<td>28</td>
<td>112</td>
<td>35</td>
<td>140</td>
</tr>
<tr>
<td>22</td>
<td>88</td>
<td>29</td>
<td>116</td>
<td>36</td>
<td>144</td>
</tr>
<tr>
<td>23</td>
<td>92</td>
<td>30</td>
<td>120</td>
<td>37</td>
<td>148</td>
</tr>
<tr>
<td>24</td>
<td>96</td>
<td>31</td>
<td>124</td>
<td>38</td>
<td>152</td>
</tr>
</tbody>
</table>

One MET is the energy expended at rest. Two METs indicates that energy expended is twice that at rest. Three METs is triple the resting energy expenditure, etc. Thus, the METs per hour score is a measure of the intensity of a physical activity.

**Home and Occupational Activities**

<table>
<thead>
<tr>
<th>MET</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.3</td>
<td>Standing</td>
</tr>
<tr>
<td>1.5</td>
<td>Reading, talking on the telephone</td>
</tr>
<tr>
<td>2.0</td>
<td>Walking at 2 mph</td>
</tr>
<tr>
<td>2.0</td>
<td>Light gardening</td>
</tr>
<tr>
<td>2.0</td>
<td>Light office work, light use of hand tools; standing, light work</td>
</tr>
<tr>
<td>2.5</td>
<td>Self care grooming, sitting or standing</td>
</tr>
<tr>
<td>2.5</td>
<td>Walking downstairs</td>
</tr>
<tr>
<td>2.5</td>
<td>Cooking, light housekeeping, shopping</td>
</tr>
<tr>
<td>2.5</td>
<td>Somewhat heavier gardening or yard work</td>
</tr>
<tr>
<td>3.0</td>
<td>Standing, light / moderate work (welding, auto repair, packing boxes for moving); driving heavy tractor, bus, truck</td>
</tr>
<tr>
<td>3.0</td>
<td>Washing car or windows, mopping, moderate to vigorous playing with children, sweeping outside house, vacuuming, scrubbing floors</td>
</tr>
<tr>
<td>3.5</td>
<td>Walking at 3 mph</td>
</tr>
<tr>
<td>4.0</td>
<td>Raking lawn, planting shrubs, weeding garden, heavy yard work or gardening activities</td>
</tr>
<tr>
<td>4.0</td>
<td>Masonry, painting, paper hanging, moderately heavy lifting, moderately heavy farm work</td>
</tr>
<tr>
<td>5.0</td>
<td>Walking, carrying a 1 – 15 pound load upstairs</td>
</tr>
</tbody>
</table>
5.0  Digging, spading, vigorous gardening, using heavy power tools; general gardening, mowing lawn (hand mower)
5.0  Painting, carpentry, cleaning gutters, laying carpet, other vigorous activities
5.0  Chopping wood
6.0  Using heavy tools (not power) such as a shovel, pick or spade; driving heavy machinery, forestry
6.5  Loading and unloading a truck (standing); moving heavy objects; heavy farming work
8.0  Heavy farming

Recreational—Time Physical Activities

<table>
<thead>
<tr>
<th>MET</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.0</td>
<td>Walking at a slow pace</td>
</tr>
<tr>
<td>2.5 – 3.0</td>
<td>Walking at an average pace (2 – 2.5 miles per hour)</td>
</tr>
<tr>
<td>2.5 – 3.0</td>
<td>Gold, using a power cart</td>
</tr>
<tr>
<td>3.0</td>
<td>Fishing</td>
</tr>
<tr>
<td>3.5</td>
<td>Golf, not carrying clubs</td>
</tr>
<tr>
<td>3.5</td>
<td>Canoeing or kayaking</td>
</tr>
<tr>
<td>3.5 – 4.0</td>
<td>Walking at a brisk pace (1 mile every 20 minutes)</td>
</tr>
<tr>
<td>4.0</td>
<td>Climbing stairs</td>
</tr>
<tr>
<td>4.0</td>
<td>Dancing (moderately fast)</td>
</tr>
<tr>
<td>4.0</td>
<td>Bicycling less than 10 mph, leisurely</td>
</tr>
<tr>
<td>4.5</td>
<td>Swimming</td>
</tr>
<tr>
<td>4.5</td>
<td>Golf, carrying clubs</td>
</tr>
<tr>
<td>5.0 – 8.0</td>
<td>Skiing downhill or cross country</td>
</tr>
<tr>
<td>6.0</td>
<td>Hunting large game (elk, deer, moose)</td>
</tr>
<tr>
<td>6.0 – 7.0</td>
<td>Hiking</td>
</tr>
</tbody>
</table>

Weigh the Benefits and Risks of Exercise

For most people, the benefits of exercise far outweigh the risks of being inactive. Inactivity is a major cause of serious health problems. You are more likely to have a heart attack or stroke, develop diabetes, or get some kinds of cancer if you are inactive. Exercise is not totally risk free. The key to a safe exercise program is to consider three factors:

1. Your current health
2. The type, frequency, intensity, and duration (time) of exercise you do
3. Where you exercise
1. Your Health

People with known serious diseases, major physical limitations or symptoms of heart problems are most likely to have problems during exercise. The risk for having a heart attack is slightly higher when exercising. But the major risk for having a heart attack is not exercising at all. It’s a lifetime of inactivity – not exercising regularly – that causes problems. Most people who die suddenly while exercising have advanced heart disease. Their disease kills them, not their exercise. We followed the screening guidelines of the American College of Sports Medicine and the American Heart Association. Your MD has prescribed cardiac rehab for you. Unless something changes, you are cleared to exercise. You will have frequent assessments and progress checks over the course of this program. You can feel confident that every effort is being made to keep you safe. It is your responsibility to inform your mentor if anything changes in your health at any time. Inform your mentor before continuing with your exercise program if you:

- Experience any unusual symptoms when exercising
- Have to go the hospital for any reason
- Develop a new medical condition or if an existing condition gets worse
- Start a new medication or change the dose of a medicine you are currently taking
- Experience an injury to a muscle, bone, or joint
- Know any reason why you should not continue to exercise

2. Type, Frequency, Intensity, and Duration of Exercise

Your mentor will give you an exercise program that is safe for you. Your program will allow you to progress gradually and safely to more vigorous exercise if you desire. Keep in mind that the most common cause of injuries is doing too much, too soon. And, always remember to warm-up and cool-down for three minutes at the beginning and at the end of your exercise session.

3. Where You Exercise

It is important to find a safe place to exercise. Keep these tips in mind if you exercise outdoors.

- Stay alert to potential hazards (traffic, dogs, violence).
- If allergies or pollution are a problem for you, exercise early in the morning or late in the evening when air quality is best.
- Avoid carbon monoxide by staying away from heavy traffic areas.
- Be aware of ozone levels and exercise indoors, if necessary.
- If it is extremely hot or extremely cold, exercise indoors in an air-conditioned space.
- If you do weight-bearing exercise (walking, jogging, aerobic dance, jumping rope), select a cushioned surface that is smooth and even.
If You Are Sick or If You Have Unusual Symptoms

It is important to know what is normal and what is not normal during exercise. Pain is not normal. It is your body’s way of telling you something is wrong. Listen to your body. Learn and remember what is normal for you. When something is different or if things aren’t normal, *stop*. If you think you have a problem, *get help*.

<table>
<thead>
<tr>
<th>What’s Normal</th>
<th>What’s Not Normal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Faster heart rate</td>
<td>Chest pain or discomfort, pain down your arm, heaviness in your chest, irregular pulse</td>
</tr>
<tr>
<td>Breathing deeply</td>
<td>Extreme breathlessness with light to moderate activity</td>
</tr>
<tr>
<td>Breathing faster</td>
<td>Wheezing, inability to catch your breath</td>
</tr>
<tr>
<td>Sweating</td>
<td>Lightheadedness, nausea, extreme fatigue, numbness, pain of any kind</td>
</tr>
</tbody>
</table>

If You Get Overheated

When you exercise, your body produces heat. Normally, sweating serves to remove the heat from the body during exercise and prevents the body temperature from rising too high. Overheating should be avoided. It limits your ability to exercise and can lead to heat stroke, a dangerous and even fatal condition.

*Symptoms of Overheating*

- Headache
- Light-headedness
- Dizziness
- Confusion
- Disorientation
- Clumsiness
- Nausea
- Muscle cramps
- Hallucinations
- Excessive sweating or no sweating at all

Drinking plenty of water helps prevent dehydration and overheating. Drink water before, during and after exercising. Remember, thirst is not a good way to know when you need water.
Stretching exercises are an important part of a balanced fitness program. Stretching improves flexibility. Flexibility means being able to move a joint through its full range of motion.

Benefits of Good Flexibility

Stretching or flexibility exercises are often the most neglected part of a balanced fitness program. Poor flexibility can be caused by bone and joint diseases, such as osteoarthritis. It can also be caused by tight muscles, ligaments, and tendons. Young people are naturally more flexible. As you age, you lose flexibility in your joints if you don’t perform stretches to stay limber. You can improve your flexibility by performing stretching exercises on a regular basis. It is important to stretch properly so you get the most benefit.

Other Benefits:

- Allows you to participate in recreational activities such as tennis, golf, fishing, softball
- Makes it easier to get in and out of a car or up and down from the floor
- Lets you reach to get an object above your head
- Makes it possible to brush or comb your hair
- Allows you to bend over to tie your shoes
- Lets you play active games with a child

The F.I.T.T. Prescription for Flexibility

F - Frequency – The American College of Sports Medicine recommends you do stretching exercises a minimum of two to three days a week. You can do stretches every day if you wish. Stretching after an exercise session is safest. Many people enjoy stretching at the end of the session as part of the cool-down period.

I - Intensity – Stretch slowly and easily. Gently stretch to the point of tension. You should feel the stretch, but it shouldn’t hurt. Breathing correctly is important. Inhale before the stretch, breathe normally while holding the position, and then exhale during the stretch.
T - Time – Hold each stretch for a count of 10 to 30 seconds, then slowly release. Repeat each stretch four times. Be sure to stretch both the right and left sides of your body.

T – Type – Static stretch. Hold, don’t bounce, breathe normally.

There is another type of exercise that is important for good health and quality of life: muscle strengthening or strength training. Exercises that develop muscle strength improve your body composition and help manage long-term weight loss.

The Role of Body Composition in Health-Related Fitness

Body composition is an important component of health-related fitness. Body composition describes the makeup of the body in terms of muscle and fat. Muscle cells are metabolically active and burn calories even while you are at rest. In contrast, fat cells are metabolically inactive. Good body composition results from:

- Aerobic exercise
- Healthy eating
- Strength training

The more muscle you have, the more calories you will burn throughout the course of a day. Unfortunately, when you eat fewer calories without exercising, you usually lose both fat and muscle. Losing muscle causes the body’s metabolism to slow down. This makes it harder for you to lose weight and to keep it off. Strength training helps maintain muscle while losing fat. Because of this, strength training is an important part of a weight management program. It helps prevent your metabolism from slowing down and may even cause it to speed up.

Strength training also has other positive benefits:

- Improved posture
- Better protection against injury
- Less pain in the back and joints
- Improved confidence
- Better appearance and self-image
- Stronger bones
- Improved function, especially in the older years

We encourage everyone cleared for strength training to participate. Please notify us if you have an interest in strength training but have not been approached to set up a program.
Breathing and Strength Training

Why is it so important to breathe continuously while exercising and lifting weights?

Avoid “bearing down”, otherwise known as the Valsalva maneuver. Characterized by holding breath while lifting or straining, it leads to increased thoracic pressure, decreased venous return, decreased stroke volume, and finally interference with coronary blood flow.

What Does This Mean (in short)?

Strength training causes dramatic changes in vital bodily functions

1. Increase heart rate
2. Increase blood pressure
3. Increase peripheral resistance
4. Increase mean arterial pressure
5. Decreased venous return
6. Decreased stroke volume
7. Decreased blood distribution to coronary arteries

How To Strength Train SAFELY?

- Lifting heavy weights can increase the blood pressure and heart rate to potentially unsafe levels. Using the proper breathing technique prevents complications.
- Before starting an exercise, inhale slowly and deeply. As you exhale, begin moving through the exercise - slowly moving in a controlled manner to full extension. Always exhale during the exertion phase of the lift and avoid straining.

The F.I.T.T. Prescription for Strength Training Exercises

Just as for aerobic and flexibility exercises, there is a F.I.T. prescription for strength training.

F – Frequency – refers to how often you exercise. You should do 5 to 10 different strength building exercises involving the major muscle groups on two or three days a week. There should be at least one day of rest between strength exercise sessions to allow the muscles to rest and recover.

I – Intensity – means how hard you are working. When it comes to strength training, you should strive for an RPE of 12 to 15. During the first few weeks of your strength training program, don’t exceed an RPE of 13. After that period, you may work up to a level of 15. There are two ways you can increase the intensity of your strength training workout:
• Increase the number of repetitions (reps) of an exercise. If you are over age 50, start with 12 repetitions and work up to 15.
• Increase the weight or resistance of the exercise while doing the same number or fewer repetitions of the exercise. For example, when you can do 15 repetitions with a four pound weight, do 12 repetitions with a six pound weight.

If your RPE is above 15, the weight or resistance is probably too much for you. You should either do fewer repetitions or use a lighter weight or resistance.

**Repetitions (reps)** – the number of times an exercise or lift is repeated during a set.

**Set** – a group of repetitions performed in sequence. A brief period of rest is allowed between sets for muscles to recover.

**T – Time** – The American College of Sports Medicine recommends at least one *set*, consisting of 12 to 15 *repetitions* of each strength building exercise during each strength workout. You should allow a brief period of rest (15 to 60 seconds, longer if necessary) between sets for muscles to recover and be ready to work again. Breathe.

**T – Type** – Free weights, machines, resistance bands, body weight, etc.