

How to get the best out of **Your Resistance Training Program**

1. Remember to spend 5–10 minutes warming up your muscles by either walking or riding a bike.
2. A beginning strengthening program should consist of 6–10 exercises for the larger muscle groups.
3. Try to perform 8–15 repetitions, 1–2 sets. If you have never done resistance training before, begin with 1 set of 8 repetitions. Your goal should be to increase the amount of repetitions that you do, *gradually*. When you can increase the amount of repetitions, try to increase the amount of sets, *2–3 sets*.
4. The last few repetitions should be challenging. If they are too challenging, decrease the amount of resistance.
5. When you are performing more than 1 set, rest about 30 seconds to 1 minute in-between sets.
6. Rest at least 48 hours before working the same muscle group.
7. Breathe, *never* hold your breath!
8. Work each muscle group equally; balanced muscle strength is necessary for joint integrity.
9. Cool down with light, aerobic exercise, 5–10 minutes.
10. **STRETCH**. Stretching can reduce injury and improve flexibility. Follow the stretching sheet provided.

