

# Weekly resistance exercise tips

## FOR BUSY WORKING PEOPLE

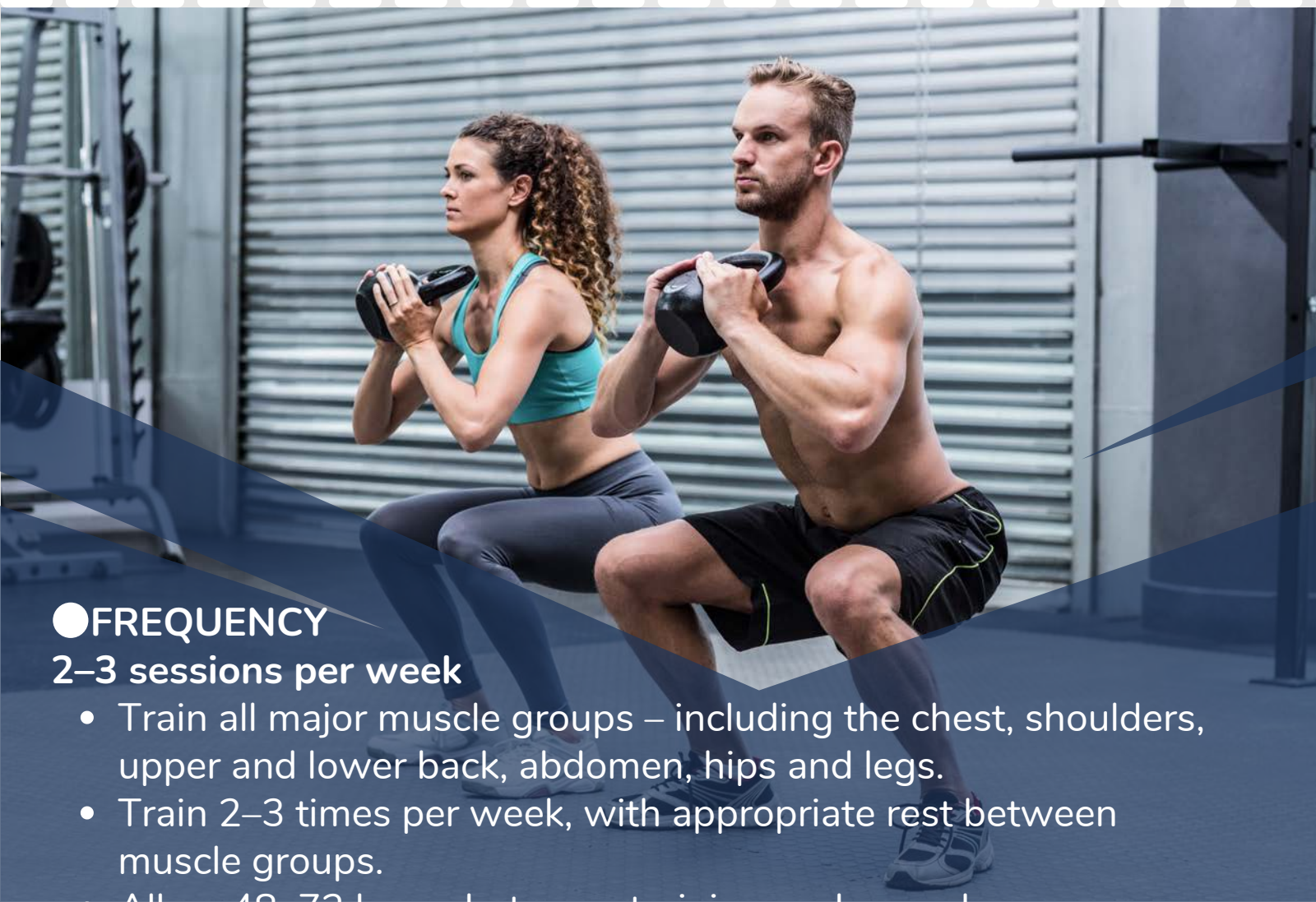


Resistance exercise is also known as 'strength training' or 'weight training'.

The following tips are based on the FITT principle:

- Frequency – how often you exercise
- Intensity – how hard you exercise
- Time – how long you exercise for
- Type – what type of exercise you do

The following recommendations are suitable for adults.



### ● FREQUENCY

#### 2–3 sessions per week

- Train all major muscle groups – including the chest, shoulders, upper and lower back, abdomen, hips and legs.
- Train 2–3 times per week, with appropriate rest between muscle groups.
- Allow 48–72 hours between training each muscle group.

### ● INTENSITY

#### Depends on the individual

- Each muscle group should perform 2–4 sets of load-bearing exercises, with 8–12 repetitions (reps) per set.
- Light intensity – i.e. perceived exertion rate of 5–6 out of 10. (Rate of perceived exertion is the level of exertion on a physical activity.)
- If you feel you are performing at higher-intensity levels, reduce the weight and do what is comfortable.

### ● TIME

#### Depends on the individual

- Each session should last from 45 minutes to an hour.
- The goal is to train all major muscle groups within the timeframe.

### ● TYPE

#### Multi and single-joint exercises

- Multi-joint exercises will recruit more muscle groups and reach the target required sets for each muscle group (i.e. 2–4 sets). It will also assist with coordination and training certain movement patterns.
- **Examples of multi-joint exercises:** barbell squats, barbell deadlifts and barbell bench press, push-ups, pull-ups.
- **Examples of single-joint exercises:** dumbbell bicep curl, triceps extensions, leg extensions, seated leg curl.