



## Advanced Resistance Exercise

### *Information Summary*



It is time to introduce more challenging exercise to capitalise on your previously established fitness and health benefits. Aim to produce **3 sessions per week** of **8-10 different exercises** involving **3-5 sets** of **6-10 repetitions**. This advanced program runs for **12 weeks**, involving **heavy, moderate and light** exercise sessions spread through-out each week. You may use any selection of upper-body resistance exercises, lower-body resistance exercises and impact exercises that you feel most comfortable performing based on the equipment or venues available to you! - You may refer to our online [Exercise Library](#) for some examples and instructional videos.

**The intensity (i.e. the weight you lift or effort you produce) should be difficult to move during the final repetitions of your set (i.e. 6-10 repetition range).** If it feels 'too easy' within your prescribed repetition maximum (RM), you must increase the weight or effort. Any extra repetitions beyond your prescribed RM should very hard, if not impossible – It is important you push yourself within your own capabilities. The fatigue you feel is only transient and will subside after 60-120 seconds (i.e. your rest period between sets of exercise).

Week	Day 2			Day 4			Day 6		
	Sets	Load	RM	Sets	Load	RM	Sets	Load	RM
1	3	Heavy	8	4	Light	14	5	Moderate	12
2	3	Heavy	6	4	Light	12	5	Moderate	10
3	3	Heavy	4	4	Light	10	5	Moderate	8
4	3	Heavy	8	4	Light	14	5	Moderate	12
5	3	Heavy	6	4	Light	12	5	Moderate	10
6	3	Heavy	4	4	Light	10	5	Moderate	8
7	3	Heavy	8	4	Light	14	5	Moderate	12
8	3	Heavy	6	4	Light	12	5	Moderate	10
9	3	Heavy	4	4	Light	10	5	Moderate	8
10	3	Heavy	8	4	Light	14	5	Moderate	12
11	3	Heavy	6	4	Light	12	5	Moderate	10
12	3	Heavy	4	4	Light	10	5	Moderate	8

#### **INSTRUCTIONS:**

- 1) Always start with a warm-up that spans 2-3 minutes of gentle aerobic exercise. These can be found in our [Exercise Library](#).
- 2) Rest 60-90 seconds between each set to allow your muscles to recover before you begin the next set. You may recover faster if you move lightly during this time (such as standing or walking). If you are still feeling tired, you can increase this rest period.
- 3) Strength training (resistance or impact exercise) should challenge your muscles, but never be painful. If it feels strained or painful, please cease activity and seek advice from an accredited exercise physiologist or your consulting physician.
- 4) Ensure you spread your resistance exercise sessions across the week, so that you have at least 48 hours between them so that you can recover appropriately.