



## Beginner Resistance Exercise

### *Information Summary*



It is important that you start slow and progress gradually towards your ideal goal of **2-3 sessions per week** of **8-10 different exercises** involving **3-4 sets** of **6-10 repetitions**. This beginner program runs for **12 weeks**, and 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.

Here is an example of how you gradually introduce yourself to resistance and impact exercise through-out your 12 week beginner resistance program to ultimately achieve your target of 2-3 sessions per week of 3-4 sets using 8-10 exercises – note that each week you will increase either the number of sets you perform each session or the amount of sessions per week you engage in.

**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 10 repetitions, you must increase the weight or effort – It is important you push yourself within your own capabilities:-

- Week 1: 2 sessions per week – 1 set of 6-10 repetitions using 8-10 different exercises
- Week 2: 2 sessions per week – 1 set of 6-10 repetitions using 8-10 different exercises
- Week 3: 2 sessions per week – 2 sets of 6-10 repetitions using 8-10 different exercises
- Week 4: 2 sessions per week – 2 sets of 6-10 repetitions using 8-10 different exercises
- Week 5: 2 sessions per week – 3 sets of 6-10 repetitions using 8-10 different exercises
- Week 6: 2 sessions per week – 3 sets of 6-10 repetitions using 8-10 different exercises
- Week 7-12: 3 sessions per week – 3-4 sets of 6-10 repetitions using 8-10 different exercises

#### **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.