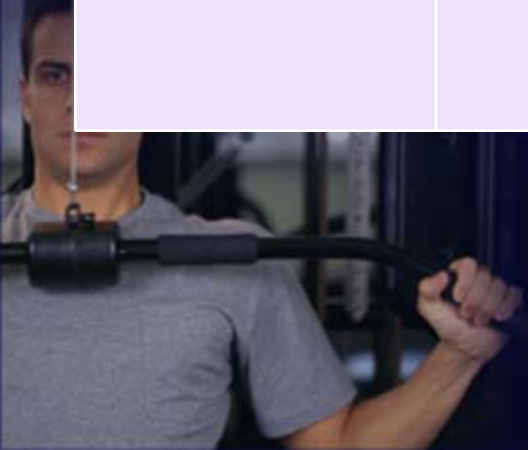


A man in a grey t-shirt is performing a lat pulldown exercise in a gym. He is holding a bar with both hands and pulling it down towards his chest. The background is dark and out of focus, showing other gym equipment. The text "Resistance Training Guidelines" is overlaid in the center in a white, sans-serif font.

Resistance Training Guidelines

Resistance Training Guidelines

<i>Descriptor</i>	<i>Beginner Minimal experience</i>	<i>Intermediate Regular Exerciser</i>	<i>Advance Serious Lifter</i>
<i>Program Focus</i>	Learn Proper Technique Learn Correct Exercise Develop core Strength Gain Muscular Endurance	Refine Proper Technique Learn New Exercises Develop Core Strength Gain Muscular Strength Exercise Variety	Variety of Exercise Muscular Size/Mass Focus Core Strength Maximized Maximum results for time



Resistance Training Guidelines

<i>Descriptor</i>	<i>Beginner</i>	<i>Intermediate</i>	<i>Advance</i>
<i># of workouts per week</i>	2 to 3 session per week	3 to 4 sessions per week	4 to 6 sessions per week
<i>Intensity % 1RM</i>	>70% 1 RM Cardiovascular Endurance	70-80% 1RM Muscular Strength	80-100% 1RM Max Strength and Power
<i>Reps</i>	12 to 15 reps	8 to 12 reps	1 to 8 reps
<i>Sets</i>	1 to 3 sets	1 to 4 sets	1 to 6 sets
<i>Rest/Sets</i>	30 seconds to 1 min	30 seconds to 2 minutes	2 minutes +



Resistance Training Guidelines

<i>Descriptor</i>	<i>Beginner</i>	<i>Intermediate</i>	<i>Advance</i>
<i>Equipment Choice</i>	Weight Training Machines Free Body Exercise Stability Ball	Weight Training Machines Pulleys Free Weights Free Body Exercises Stability Ball	Weight Training Machines Pulleys Free Weights Free Body Exercises Stability Ball Medicine Ball
<i>Routine Choices</i>	Total Body Balance Workout	Total Body Split Program 2 group/workout	Split Program 1 group/workout Many possible modifications