

## EXERCISE PROGRAM

An exercise program has been prescribed for you by an Exercise Physiologist in order to maintain and improve your current fitness. The exercises prescribed are designed to assist you based on the fitness tests conducted. For the program to be successful it is important that you participate as prescribed. If the sessions are not strictly adhered to, success of the program can be significantly compromised thus affecting the desired outcome.

At each session, it is expected that you will participate at a level of effort whereby physiological changes can take place. This means you may subject your body to movements and exercises you may not have performed before and to a level of exertion that you may not have experienced before. It is necessary to expose your body to stimuli greater than normal to elicit a response (improvements to strength and movement).

### **FITT PRINCIPLE:**

The FITT Principle is used to prescribe Frequency, Intensity, Time and Type of activity for the various modalities of fitness including aerobic, flexibility, muscular strength and endurance. The following general guidelines for healthy populations stem from the American College of Sports Medicine (ACSM) *guidelines for exercise testing and prescription* and are aimed to facilitate increased fitness status.

	<b>Frequency</b>	<b>Intensity</b>	<b>Time</b>	<b>Type</b>
<b>Flexibility</b>	2-3 sessions per week	To a position of mild discomfort, stretching should NEVER be painful!	10-30 seconds, repeat 3-4 times for each stretch	A general stretching routine that exercises the major muscle groups
<b>Aerobic Fitness</b>	3-5 sessions per week	Exercise at 70% to 85% of your maximum heart rate (max HR = 220 – age)	20-60 minutes of continuous or intermittent aerobic activity accumulated throughout the day.	Walking, running, cycling, swimming, rowing, dancing etc.
<b>Muscular Strength and Endurance</b>	2-3 sessions per week	Perform a minimum of 2-3 sets of 8-12 repetitions of each of the exercises to the point of fatigue. Rest approximately 30 seconds between sets.	40-60 minutes	Perform a minimum of 8-10 exercises that train the major muscle groups (arms, shoulders, chest, abdomen, back, hips and legs)

### **MEASURING HEART RATE**

To measure your heart rate, the pulse is best counted using the carotid artery on the neck. Using two fingers of one hand, place them lightly on one side of the neck next to the voice box. To estimate the pulse in beats per minute, count the number of beats in 10 seconds and multiply by six, or count for 15 seconds and multiply by four.

**NOTE:** Seek medical approval prior to commencing an exercise program. If you encounter any pain in your chest, discomfort or dizziness during participation in this program, cease the activity immediately and notify your doctor.

**Flexibility:**

The stretching routine on **page one** of the program is designed to increase the length of your muscles and improve joint range of motion to minimise the risk of injury.

- perform after a warm up and after each exercise session performed
- the stretches should be controlled movements; you should avoid “bouncing” into the stretch as this can greatly increase the risk of a muscular tear.
- You should feel mild discomfort in the muscle being stretched but avoid pushing to the point of pain.
- Each stretch should be held for a minimum of 20 seconds and should be repeated two to four times.
- The stretching routine should be performed as frequently as possible (minimum of three times per week) and always after your muscles have been warmed up.

**Muscular Strength and Endurance:**

The exercises **from page three** of the program are designed to help you increase your muscular strength and endurance

- Perform three times per week
- Perform each exercise to fatigue
- If sets and repetitions are not specified, 3 sets of 8 -12 repetitions should be performed
- A weight/resistance should be selected that causes fatigue after 8 repetitions (unable to complete another repetition); continue to use that resistance until – over time - 12 repetitions can be performed, at which time it is appropriate to increase the resistance to achieve the 8 repetition maximum again.
- Some exercise progressions are shown. Progress from the easiest of the series to the hardest as your strength increases.