Strength Training

Benefits:
- Prevents and lessens joint pain and swelling
- Improves muscle strength
- Maintains bone density
- Lessens risk factors for the heart and cardiovascular system
- Improves blood sugar control

F.I.T.T. Principle

Your program is prescribed using the F.I.T.T. principle:

Frequency-How many times are you exercising?
- 2-3 days per week
- Do not work the same muscle groups two days in a row

Intensity-How hard are you working?
- Moderate to somewhat hard
- RPE: 12-13
- The last 2-3 reps* of a set** should be challenging to complete with proper form and controlled breathing

Time-How long are you exercising for?
- 20-60 minutes per session, dependent on number of exercises in program
- 6-10 exercises per session, 8-12 repetitions of each

Type-What exercises are you doing?
- Using weights, weight machines, resistance bands or your own body weight

*Reps: Number of times the exercise is completed
**Set: A group of repetitions

How to Structure Your Resistance Training Workouts

Begin with 1 to 2 sets of 10-12 reps per exercise. Progress when you can do 3 sets of 12-15 reps with light to moderate effort.
Benefits of Different Types of Resistance Training

**Weight machines:**
- Guide your body through a range of motion
- Lessen focus on posture and core control
- Isolate muscle groups

**Resistance bands/Free weights:**
- Adaptable to all fitness levels
- Uses more than one muscle group
- More use of core/posture muscles
- Can work balance at the same time
- Can do combination movements
- Low cost

**Body weight:**
- Uses functional movements
- Can work balance at the same time
- Workout can be done anywhere
- Low cost

For more information: [smgh.ca/patient-care-programs/regional-cardiac-care-centre/cardiac-rehabilitation/](smgh.ca/patient-care-programs/regional-cardiac-care-centre/cardiac-rehabilitation/)