

## 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/](https://smgh.ca/patient-care-programs/regional-cardiac-care-centre/cardiac-rehabilitation/)