

Resistance Training

getthehearthealthy.ca/resistance-training-your-health

In this section you will learn:

- What resistance training is
- The benefits of resistance training
- How to safely and effectively incorporate resistance training into your exercise routine

Resistance Training:

- Can also be referred to as weight training or strength training
- Is a form of exercise that involves working against a force that resists your movement
- Can be completed using a variety of equipment options including dumbbells, exercise bands, or exercise machines. Resistance training can also be completed with no equipment, using your own body weight as resistance.



Benefits of Resistance Training

Cardiovascular system: Resistance training, when combined with cardio-based exercise, has been shown to improve overall cardiovascular health. Studies have shown significant reductions in resting blood pressure after two months of regular resistance training. Resistance training can also improve HDL cholesterol levels and lower LDL cholesterol and triglycerides levels.

Muscle mass: Resistance training can increase muscle mass, strength and endurance, which can protect joints and bones from injury.

Adults who do not perform regular resistance training lose up to 5lbs of muscle mass every decade before the age of 50, and up to 10lbs every decade after the age of 50.

Bone health: Resistance training increases bone density and overall bone health, which can minimize the risk of fractures due to osteoporosis.

Blood sugar levels: Resistance training can reduce the risk of developing diabetes. For those living with type 2 diabetes, resistance training improves the muscle's ability to use blood sugar as a source of energy, which improves blood sugar control.

Weight and waist circumference: Resistance training increases lean muscle mass, which stimulates metabolism. This causes the body to burn more calories at rest, which can reduce abdominal fat.

Getting Started

Complete a warm-up and a cool-down before and after resistance training:

- Duration of three to five minutes
- RPE should be 11, or “fairly light”

Select the proper weight:

- You should be able to complete eight to 10 repetitions of the exercise, with correct form
- RPE should be 15, or “hard”
- As you get stronger, you will need to adjust the resistance you are working against; continue to ask yourself “how hard does this feel?”, or “what is my RPE?”

Select exercises to include in your resistance training session:

- Select one exercise from each of the major muscle groups (legs, chest/shoulders, back, arms, core) to ensure a full body workout
- Refer to the resistance training package on our program website for exercise options and instructions
- Complete eight to 10 repetitions of each exercise
- Complete two sets of all exercises

Keep a regular routine:

- Resistance training should be completed at least two days per week
- Incorporate rest days between resistance training sessions to allow your muscles to rest and repair
- If you enjoy completing resistance training daily, alternate between lower body exercises one day, and upper body exercises the next

Rating of Perceived Exertion (RPE) Scale

6	
7	Very, Very Light
8	
9	Very Light
10	
11	Fairly Light
12	
13	Somewhat Hard
14	
15	Hard
16	
17	Very Hard
18	
19	Very, Very Hard
20	

Repetition

How many times you do an exercise one after the other (e.g., 10 bicep curls = 10 repetitions)

Set

How many times you do a group of repetitions (e.g., 1 set of 10 repetitions)

Our program website contains a variety of resistance training exercise videos!

Safety Considerations

- Do not perform any exercise that causes you pain or discomfort
- Breathe normally as you perform these exercises; do not hold your breath
- Speak to your Exercise Therapist before performing any advanced exercises

Ask Yourself

How many days per week are you completing resistance training?
What is your RPE during these sessions?
Are you including exercises from each of the 5 major muscle groups?