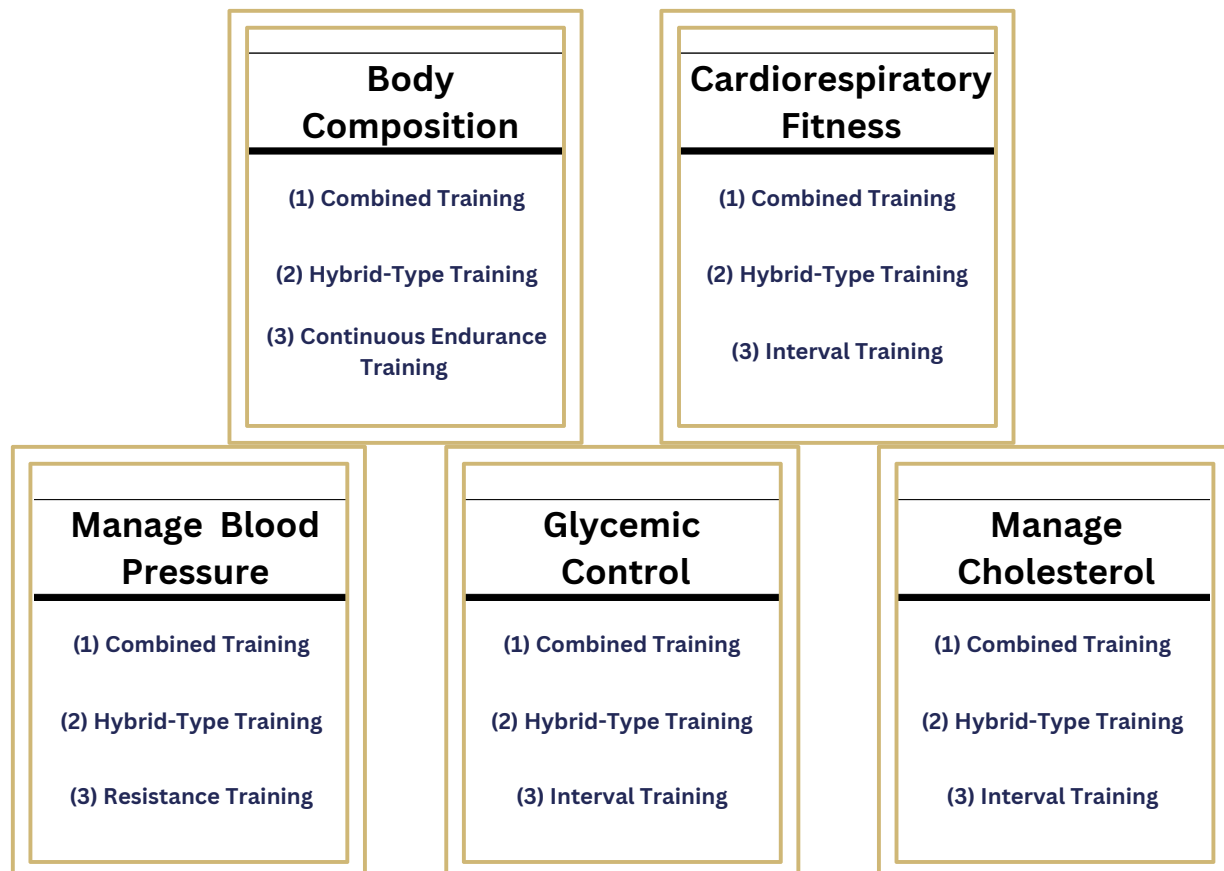


Designing Your Exercise Program

What Is Your Goal?

Instructions:

- At the top of each list below are health-related goals.
- The top 3 types of exercises are listed below each goal in order of effectiveness.
- Choose the goal that is important to you, then decide which type of exercise program would work best for you.
- Details about each program are provided on the next page.



Designing Your Exercise Program

Pick A Program

*** Note: **Combined Training** is a combination of continuous endurance training and resistance training.

Continuous Endurance Training	Interval Training	Resistance Training	Hybrid-Type Training
FREQUENCY: 3-5 times per week	FREQUENCY: 2-3 times per week	FREQUENCY: 2–3 times per week	FREQUENCY: 2–3 times per week
INTENSITY: >45% VO2Max OR >50% HHR OR >65% HRmax	INTENSITY: >65% VO2 max OR >65% HRR OR >75% HRmax	INTENSITY: ≥50% 1RM	INTENSITY: >65% VO2 max OR >65% HRR OR >75% HRmax
TIME: 30-60 mins per session	TIME: 20–30 min per session	TIME: 30–60 min per session	TIME: 30–45 min per session
TYPE: Participating in activities like walking, running, cycling, swimming, rowing, aerobics, using an elliptical, or stepping exercises for a continuous time..	TYPE: Participating in an activity like walking, running, cycling, swimming, rowing, using an elliptical, or stepping with short bursts of harder effort mixed with easier effort. For example, rowing as hard as you can for 20 seconds, followed by rowing at a comfortable pace for 2 minutes, then repeating that for several intervals.	TYPE: Resistance training involves using weights, machines, or resistance bands to make your muscles work harder.	TYPE: Participating in a mix of exercises in one session that work both your heart (cardio) and your muscles (strength) <u>simultaneously</u> . Examples include sports games, high-intensity workouts, combining cardio with weights, or training that strengthens muscles and improves movement together.