Maintain Don't Gain: Strength Train Anywhere!

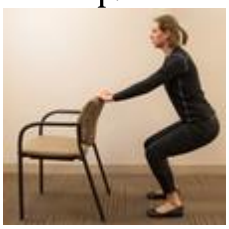
Always check with your doctor before starting or changing an exercise program, especially if you have any medical conditions

Strength training just 2x per week can both prevent muscle loss and build muscle. The more muscle you have, the more calories your body burns throughout the day!

Adults who do not perform resistance exercise lose between 3-10% of their muscle mass every decade. That means, as we get older, our bodies want to lose muscle and gain fat. Reverse the trend by following the routine below.

1. **Turn this page over and circle 2 days this week**
2. **On each of the days you circled, go through each exercise once, doing 10-15 repetitions of each, then check off "upper" and "lower"**
3. **Track any additional exercise you are doing on the back of this page**

Squats



Pushups

Stationary Lunge

Leg Lifts

W-Raises

✓ Set a Week _____ S.M.A.R.T Goal:

Specific: Be specific about details about how and when.
Measurable: Identifies when success is obtained.
Action-based: Behaviors or actions being done on a consistent basis are crucial.
Realistic: If the goal is realistic, success will follow.
Timeline: Specify timeframe in which to accomplish goal.

_____

_____

References:
ACSM's guidelines for Exercise Testing and Prescription, 2014.
Flack KD, 2010.
Marcell TJ, 2003.

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Aerobic □10 □20□ □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____
Week 2	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____
Week 3	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____
Week 4	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____	Aerobic □10 □20 □30 □__ Strength □ upper □ lower Stretching □ Steps: _____

* Components of an advantageous fitness routine include the following recommendations (American College of Sports Medicine):
1) Aerobic/Cardiovascular Fitness: 3-5+ days/week; 2) Muscle Strength Training: 2 times/week; 3) Flexibility/Stretching Exercises: 2-3 times/week.

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