

## Fitness Recommendations from ACSM

Population	Cardiorespiratory Training	Resistance Training	Flexibility
healthy adults & seniors	3-5 days/week	2-3 days/week	5-7 days/week
adults with cardiovascular disease*	3-4 days/week	2 days/week	daily
adults with metabolic syndrome*	3-4 days/week	lower resistance, lower intensity	daily
adults with chronic pain & arthritis*	3-5 days/week	2-3 days/week	5-7 days/week

\*cleared to exercise

# Acsm Exercise Guidelines

**American College of Sports  
Medicine, Moore, Geoffrey, Durstine, J.  
Larry, Painter, Patricia**

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on the first pass the assembler performs the following tasks checks to see if the instructions are legal in the current assembly mode allocates space for instructions and storage areas you request fills in the values of constants where possible builds a symbol table also called a cross reference table and makes an entry in this table

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the algorithm for pass 1 the algorithm scans the first statement start and saves the operand field the address as the starting address of the program initializes the locctr value to this address

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