

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, Gary J. Balady**



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$$\begin{bmatrix} 2 & 2 & 0 & 1 & 1 & 0 & 1 & 1 & 0 & 3 \\ 1 & 1 & 3 & 0 & 1 & 1 & 1 & 1 & 1 & 1 \end{bmatrix}$$
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