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STRENGTH TRAINING: GENERAL GUIDELINES*

(See Strength Training Video for Exercises and Instruction)

REPS:

Start out with one set of 8-12 reps for each exercise
Build up to 3 sets of 8-12 reps as it gets easier

FREQUENCY:

2-3 days a week

EQUIPMENT USED:

Exercise bands
Medicine balls
Kettlebells
Dumbbells
Strength training machines
Body weight can be used for some exercises



*Consult a fitness professional for more details or if you are seeking a tailored-made workout