

Table 12. Strength-Training Standards, Guidelines, and Position Statements

	Sets; Reps	Stations/Devices	Frequency
Healthy/sedentary adults 2000 ACSM Guidelines 1998 ACSM Position Stand 1995 CDC/ACSM Statement 1996 Surgeon General's Report	1 set; 8–15 reps 1 set; 8–12 reps for persons under 50–60 y, 10–15 reps for persons ≥50–60 y Addressed, not specified 1–2 sets; 8–12 reps	8–10 exercises* 8–10 exercises 8–10 exercises	2 days per week, minimum 2–3 days per week 2 days per week, minimum
Elderly persons Pollock et al	1 set; 10–15 reps	8–10 exercises	2 days per week, minimum
Cardiac Patients 1995 AHA exercise standards 1999 AACVPR guidelines	1 set; 10–15 reps 1 set; 12–15 reps	8–10 exercises 8–10 exercises	2–3 days per week 2–3 days per week

ACSM = American College of Sports Medicine; AHA = American Heart Association; CDC = Centers for Disease Control and Prevention; AACVPR = American Association of Cardiovascular and Pulmonary Rehabilitation.

*Minimum 1 exercise per major muscle group: eg, chest press, shoulder press, triceps extension, biceps curl, pull-down (upper back), lower-back extension, abdominal crunch/curl-up, quadriceps extension or leg press, leg curls (hamstrings), calf raise.

Pollock ML, Franklin BA, Balady GJ, et al. Resistance Exercise in Individuals With and Without Cardiovascular Disease: Benefits, Rationale, Safety, and Prescription. An Advisory From the Committee on Exercise, Rehabilitation, and Prevention, Council on Clinical Cardiology, American Heart Association. *Circulation*. 2000;101:828-833.