

Shape Up with Strength Training

Strength training doesn't just strengthen your muscles—it strengthens your heart, brain and your overall fitness level. The American College of Sports Medicine (ACSM) recommends strength training at least twice a week.

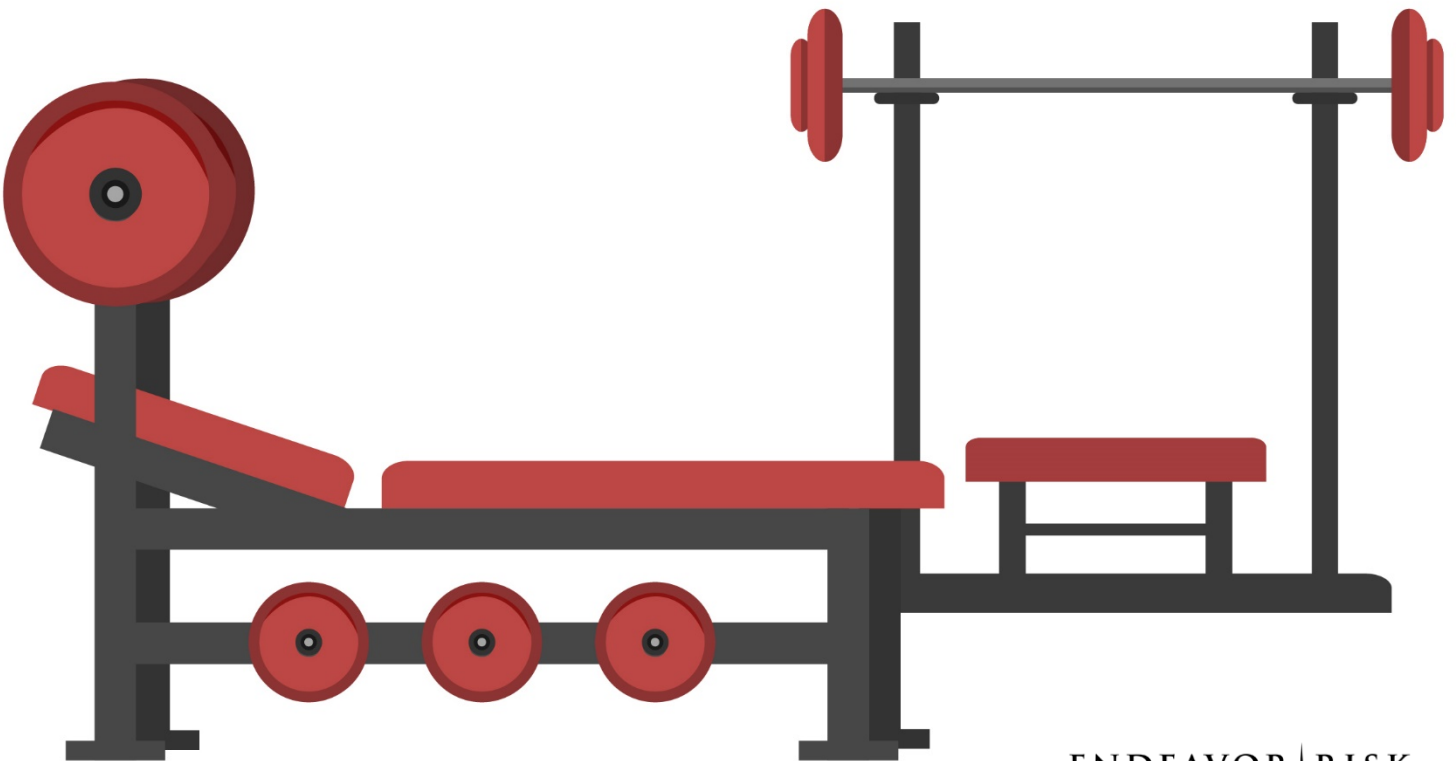
What should my workout look like?

For a complete workout, do eight to 10 different types of exercises. The ACSM recommends the following:

Beginners: 1-3 sets of 8-12 repetitions of each exercise

Experienced lifters: 2-6 sets of 1-8 repetitions of each exercise

Between each set should be a rest period of 2-3 minutes for higher intensity exercises that use heavier loads or 1-2 minutes between the lower intensity exercises with light loads.



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