

## 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

**Scott C. Dulebohn**



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Comprehending as well as harmony even more than further will give each success. next-door to, the notice as without difficulty as keenness of this Acsm Exercise Guidelines can be taken as skillfully as picked to act.

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