



Basic Principles of Strength and Conditioning

Evaluate Your Program

- #1. Does Your program challenge you in it's Volume, Intensity, Frequency, and Duration?
- #2. Is it custom tailored to fit your individual needs and desires?
- #3. Does it involve muscular strength and flexibility?

Evaluate Your Goals

Strengthening and Mass Gains

- 3 Sets of 3-5 Reps
- 80-90% of your 1RM
- 1.5-3 minutes of rest between sets
- 3-5 Times per Week
- 20-30 minutes

Endurance and Fat Burning

- 3 Sets of 15-20 Reps
- 70-80% of your 1RM
- 30 seconds of rest between sets
- 3-5 Times per Week
- 20-30 minutes

Cardiorespiratory Health

- Heart Rate 60-75 % of Max
- 3-5 Times per Week
- 20-30 minutes

*Keep in mind that these are basic principles of strength and conditioning, and that nothing should replace the advice and direction that you receive from your own personal physician.

*Always consult your personal physician before beginning exercise program so that it may be best suited to meet your individual needs.



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