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Types of Exercise

There are two types of exercise: anaerobic and aerobic. Aerobic (with oxygen) training involves the use of the heart. Aerobic training is commonly referred to as cardiovascular training. Walking and biking are examples of aerobic training. Anaerobic (without oxygen) training does not involve the heart. Instead, it relies on energy stored within the muscles. Strength training is an example of anaerobic training.

Workout Frequency

The frequency of an exercise program can vary depending on fitness level and personal goals. Three or more workouts per week is preferred.

Workout Duration

The duration of a workout can be very brief, or it can last for several hours. Thirty minutes to 1 hour is typical.

Workout Intensity

Always start with a light resistance level then gradually work your way up.

Sets and Reps

A rep (short for repetition) is any motion or exercise that is done repeatedly. A set is a grouping of repetitions. Repetition range can vary depending on factors such as the muscle being trained and fitness level. Consider starting with 10 reps and 2 to 3 sets per exercise.

Workout Assistance

Never exceed your known physical limits. Always seek the assistance of a professional before performing difficult exercises.

Benefits of Exercise

Exercise offers many benefits. Some include improvements in oxidative capacity, increased metabolism, increased strength, increased lean muscle, improved flexibility, and decreased bodyfat.

Breathing Technique

The contraction of a muscle during exercise is referred to as the concentric phase of the movement. The goal is to try to exhale as you contract the muscle (e.g. breathe out while you push). Inhalation should take place during the eccentric phase or opposite movement.

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