

# Sample Resistance Training Routine

The goal of this workout is to provide you with an introduction to resistance training. Check with your health care provider before you start any exercise program. Choose a weight or resistance level that allows you to complete **8-12 repetitions** with proper form but becomes challenging by the final reps. Aim for **2-3 sets of each exercise**, resting for **0-90 seconds between sets**. Include at least 2-3 days of this routine per week, interspersed with aerobic activities or rest days. Monitor your progress and adjust weights or tension levels as exercises become easier. Listen to your body and stop any exercise immediately if you experience pain.

EXERCISE	EQUIPMENT NEEDED	INSTRUCTIONS
<a href="#">Chest Press</a>	Dumbbells/Bodyweight	Perform on a bench or mat. Choose a weight that challenges you by the final reps. Rest for 0-90 seconds between sets.
<a href="#">Shoulder Press</a>	Dumbbells	Perform seated or standing. Maintain proper form and avoid arching your back. Rest for 0-90 seconds between sets.
<a href="#">Seated Row</a>	Resistance Band/Dumbbells	Can also be performed as a <a href="#">standing row</a> . Ensure proper form and alternate arms if using dumbbells. Rest for 0-90 seconds between sets.
<a href="#">Tricep Extension</a>	Dumbbells	Perform seated or standing. Maintain stability and avoid arching your back. Rest for 0-90 seconds between sets.
<a href="#">Bicep Curl</a>	Dumbbells	Perform seated or standing. Maintain stability and avoid arching your back. Rest for 0-90 seconds between sets.
<a href="#">Squat</a>	Bodyweight	Lower yourself until thighs are parallel or almost parallel with the floor. Maintain proper form and avoid collapsing ankles or knees going beyond toes. Rest for 0-90 seconds.
<a href="#">Calf Raise</a>	Bodyweight	Use a wall, table, or chair for support if needed. Rest for 0-90 seconds between sets.
<a href="#">Abdominal Crunch</a>	Bodyweight	Focus on pulling rib cage towards pelvis. Avoid pulling on neck. Rest for 0-90 seconds between sets.
<a href="#">Back Extension</a>	Bodyweight	Start with the "I" position and progress gradually. Rest for 0-90 seconds between sets.

Adapted from Prescription of Resistance Training in the American Heart Association's Journal, Circulation <https://www.ahajournals.org/doi/10.1161/CIR.0000000000001189>

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