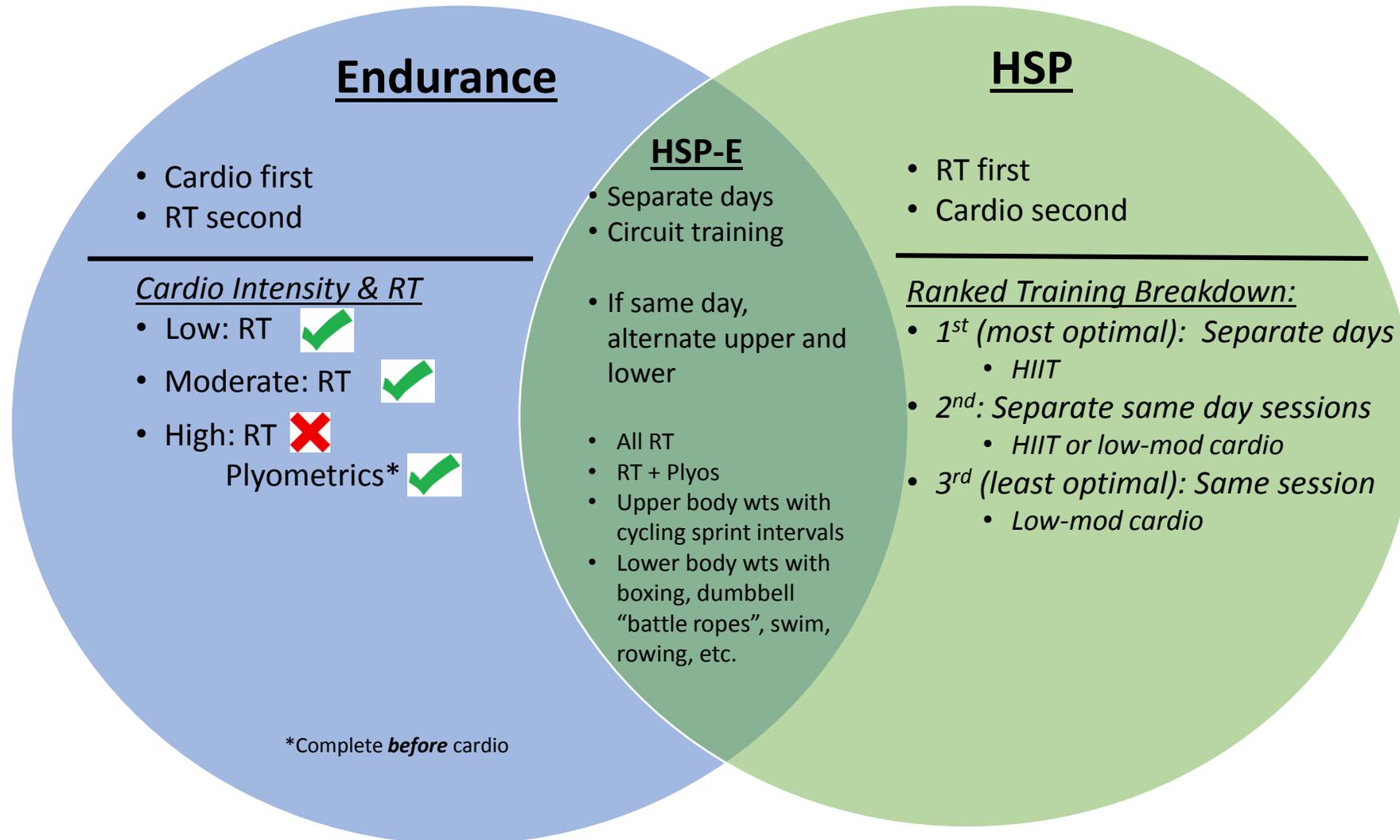


Cardio and Resistance Training: Performance



HSP: Hypertrophy, Strength and/or Power

E: Endurance or Strength-Endurance

RT: Resistance Training (body weight, bands, free weights, machines, etc.)

HIIT: High Intensity Interval Training (i.e., alternating high-intensity and low-intensity or high-intensity and rest)

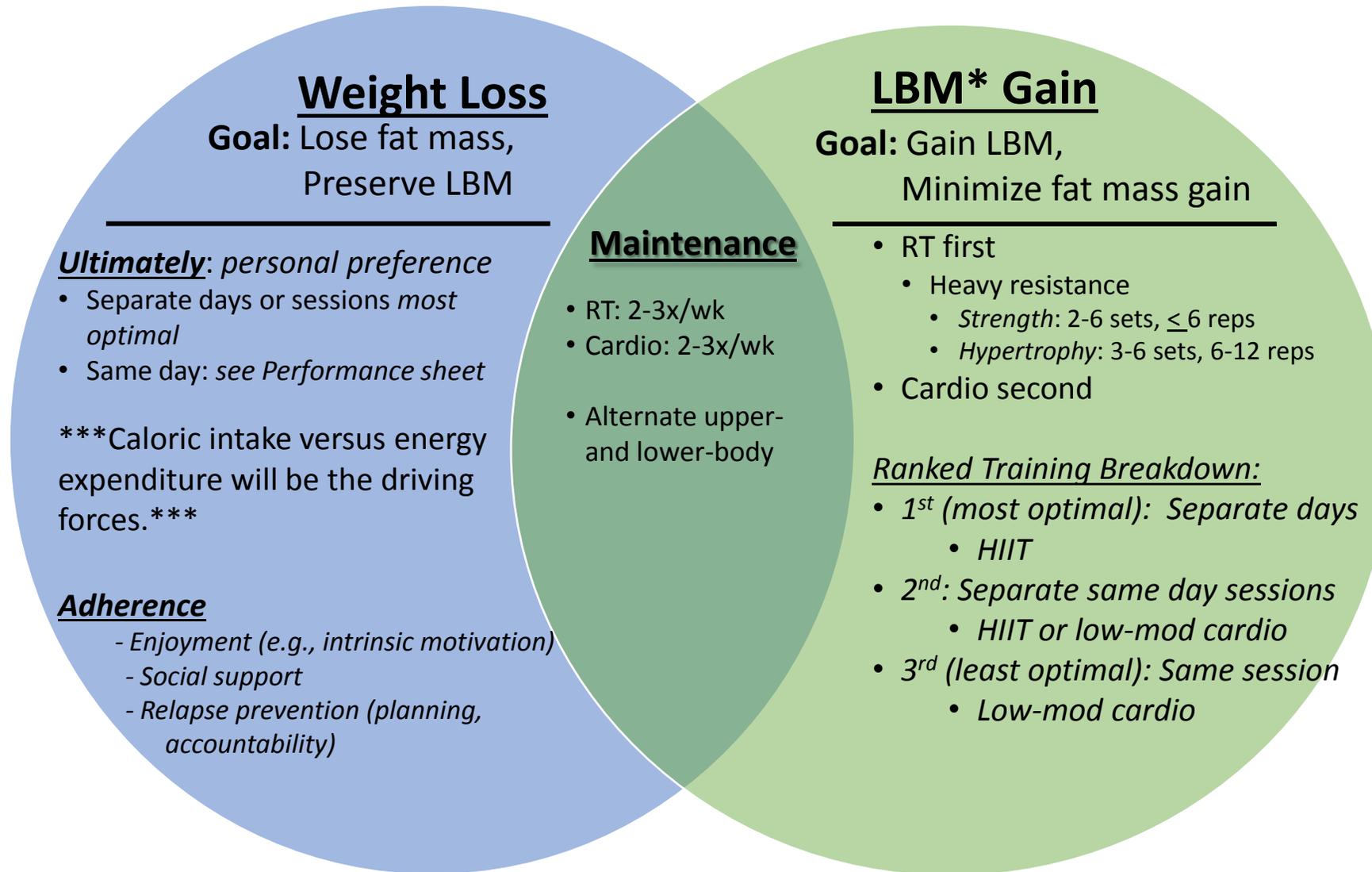
How to Determine RT Workload?

Training Goal	Load (%1RM)	Goal Sets	Goal Repetitions
Strength	≥ 85	2-6	≤ 6
Power			
Single-effort	80-90	3-5	1-2
Multiple-effort	75-85	3-5	3-5
Hypertrophy	67-85	3-6	6-12
Endurance	≤ 67	2-3	≥ 12

%1RM	# of repetitions allowed
100	1
95	2
93	3
90	4
87	5
85	6
83	7
80	8
77	9
75	10
70	11
67	12
65	15

Source: NSCA's Strength Training and Conditioning 4th ed., Chapter 17

Cardio and Resistance Training: Weight Management

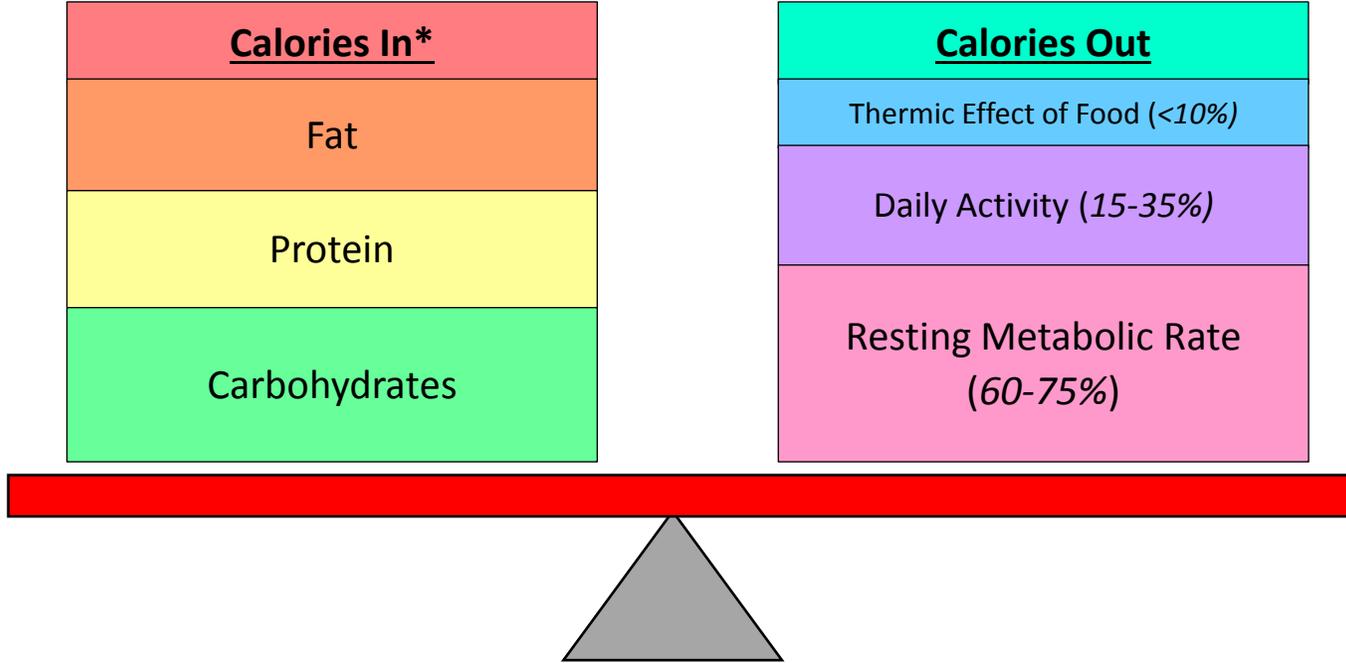


RT: Resistance training

LBM: Lean body mass (body weight, bands, free weights, machines, etc.)

HIIT: High Intensity Interval Training (i.e., alternating high-intensity and low-intensity or high-intensity and rest)

Energy Expenditure Balance



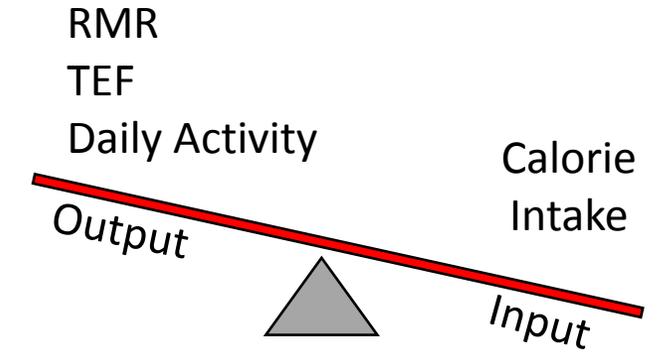
*Macronutrient proportions will vary based on personal preference, weight gain/loss or fitness goal, health status, exercise selection, etc.

Typically: 45-65% carbohydrate, 10-35% protein, and 20-35% fat.

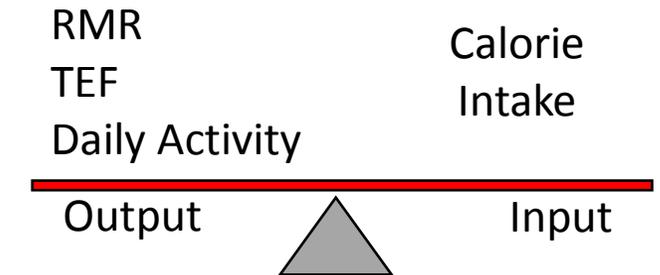
Resting metabolic rate (RMR): The amount of energy burned (or number of calories burned) that your body uses to carry out bodily processes for function while at rest (*think metabolism*)

Thermic Effect of Food: The amount of energy or number of calories required to break down food substances

Weight Gain



Weight Maintenance



Weight Loss

