

You don't need the gym to get strong!

# Resistance Training



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*Fighting Heart Disease & Stroke*

## What is Resistance Training?

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- Exercise intended to improve muscle strength and endurance
- Challenges muscles to adapt and become stronger
- Further improves health gains from aerobic exercise

## Why do Resistance Training?

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- Strengthens bone and muscle
- Helps control blood pressure
- Reduces risk of numerous diseases
- Improves quality of life
- Reduces fatigue and improves depression and anxiety

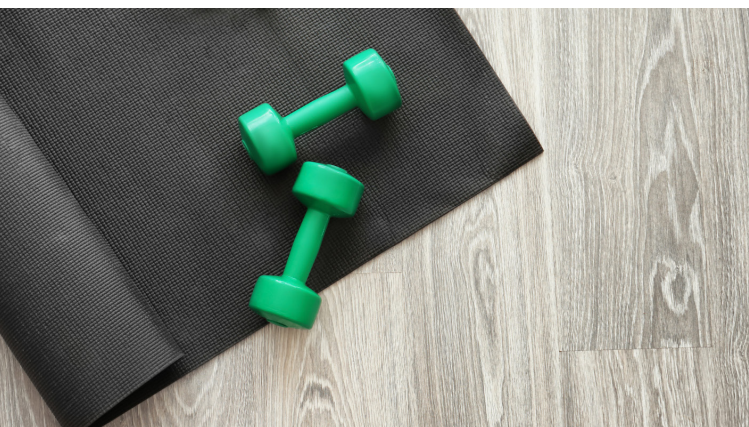
## How much Resistance Training should you be doing?

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**Frequency** – 2-3 times a week with 48 hours of rest in between.

**Intensity** – each exercise should be done in 2-4 sets with 8-10 repetitions each, and by the last repetition your muscles should feel tired. Take a minute or two break between each exercise.

**Type** – you can use machines or weights if you have access to a gym, otherwise you can use things already around your house.



## Don't have access to gym equipment?

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No problem. There are several items probably already in your house you can use. For instance, milk cartons or water bottles can be used as weights, here are the conversions:

1 pint	2 pints	3 pints	4 pints	5 pints	6 pints
0.6kg	1.2kg	1.8kg	2.4kg	3kg	3.6kg

Always start with a lower weight, but if you need a heavier weight, you can find 5-10kg bags of rice, dog food or soil that you may already have!

Find a weight appropriate for you where you can feel your muscles working, especially by the last couple of repetitions.

## What exercise should you be doing?

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- You should always include a warm-up before participating in any exercise. Practice doing the movements with no weights first to warm up the muscles, then begin adding weight.
- Aim to hit every major muscle group, including: chest, back, abs, arms, shoulders and legs. You are controlling the weight, so take your time through the movement - 2 seconds on the way up and 2 seconds on the way down.
- It's very important to breathe when doing a resistance training workout to keep the exercise safe. Try breathing out during the hard part and in during the easy part.
- At the end of your workout, do some stretches to cool down and relax the muscles.

## Where can I find a good beginner workout for me?

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The Croí resistance training programme is a good start, and explains what muscles are being worked in each exercise:

[croi.ie/resistancetraining](https://croi.ie/resistancetraining)

## Tips and Safety

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Focus on form first!

Use a mirror to check posture.

Control the weight.  
Don't let it control you.

Increase the weight  
when it starts to feel  
too easy.

## Important Note

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A day or two after a workout you may feel sore as your body adjusts to the exercise. This is normal and will go away after a few days.

If you are unaccustomed or new to resistance exercise, please consult your health care professional before performing any exercise.



For more health information or to support the work at Croí, the Heart & Stroke Charity, please visit our website at [www.croi.ie](http://www.croi.ie).

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