

Bijlage Adviezen aerobic exercise en resistance exercise

Table 1

Aerobic and resistance exercise recommendations.

<i>Aerobic exercise</i>	
Frequency	3 to 5 days per week
Intensity	50 to 80 % of peak oxygen uptake or heart rate (moderate to high intensities)
Time	10 to 20 min at high intensity (70 to 80 % of peak) or 20–60 mins at lower intensities (50 to 70 % of peak) per exercise session
Type	Any type of exercise that involves greater muscle groups
Progression	Gradual progression of exercise volume by adjusting time, frequency and/or intensity until the desired exercise goal (maintenance) is attained.
<i>Resistance exercise</i>	
Frequency	2 to 3 days per week
Intensity	25 to 85 % of the 1 repetition maximum (1RM) 25 to 70 % of the 1RM, light to moderate intensity 70 to 85 % of the 1RM, high intensity
Time (i.e., sets and repetitions)	2 to 4 sets, 2 to 3 min rest intervals between sets 5 to 15 repetitions at high intensity to improve muscle strength 15 to 25 repetitions at lower intensities to improve muscle endurance
Type	Machines, free weights, elastic bands, or own body weight
Progression	A gradual progression of greater resistance (to improve strength), or number of repetitions (to improve endurance) until the desired exercise goal (maintenance) is attained.