

## Summary of Resistance Training Recommendations

	<b>Muscle Action</b>	<b>Selection</b>	<b>Order</b>	<b>Loading</b>
<b>Strength</b>			For Nov, Int, Adv:	
Nov.	ECC & CON	SJ & MJ ex.	Large < small	60–70% of 1RM
Int.	ECC & CON	SJ & MJ ex.	MJ < SJ	70–80% of 1RM
Adv.	ECC & CON	SJ & MJ ex. – emphasis: MJ	HI < LI	1RM – PER.
<b>Hypertrophy</b>			For Nov, Int, Adv:	
Nov.	ECC & CON	SJ & MJ ex.	Large < small	60–70% of 1RM
Int.	ECC & CON	SJ & MJ ex.	MJ < SJ	70–80% of 1RM
Adv.	ECC & CON	SJ & MJ	HI < LI	70–100% of 1RM with emphasis on 70–85% – PER
<b>Power</b>		For Nov, Int, Adv:	For Nov, Int, Adv:	For Nov, Int, Adv:
Nov.	ECC & CON	Mostly MJ	Large < small	Heavy loads (>80%) – strength; Light (30–60%) – velocity – PER
Int.	ECC & CON		Most complex < least complex	
Adv.	ECC & CON		HI < LI	
<b>Endurance</b>			For Nov, Int, Adv:	
Nov.	ECC & CON	SJ & MJ ex.	Variety in sequencing is recommended	50–70% of 1RM
Int.	ECC & CON	SJ & MJ ex.		50–70% of 1RM
Adv.	ECC & CON	SJ & MJ		30–80% of 1RM – PER

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Volume	Rest Intervals	Velocity	Frequency
1–3 sets, 8–12 reps Mult. Sets, 6–12 reps Mult. Sets, 1–12 reps – PER.	For Nov, Int, Adv: 2–3 min. for core 1–2 min. for others	S, M M US-F	2–3×/week 2–4×/week 4–6×/week
1–3 sets, 8–12 reps Mult. Sets, 6–12 reps Mult. Sets, 1–12 reps with emphasis on 6–12 reps – PER	1–2 min. 1–2 min. 2–3 min. – VH; 1–2 min. – L-MH	S, M S, M S, M, F	2–3×/week 2–4×/week 4–6×/week
Train for strength	For Nov, Int, Adv: 2–3 min. for core	M	2–3×/week
1–3 sets, 3–6 reps 3–6 sets, 1–6 reps – PER	1–2 min. for others	F F	2–4×/week 4–6×/week
1–3 sets, 10–15 reps	For Nov, Int, Adv: 1–2 min for high rep sets	For Nov, Int, Adv: S – MR	2–3×/week
Mult. Sets, 10–15 reps or more Mult. Sets, 10–25 reps or more – PER	<1 min for 10–15 reps	M – HR	2–4×/week 4–6×/week

**TABLE 2.** Recommendations for progression during resistance training for strength.\*

	Novice	Intermediate	Advanced
Muscle action	ECC and CON	ECC and CON	ECC and CON
Exercise choice	SJ and MJ	SJ and MJ	SJ and MJ
Intensity	50–70% 1RM	60–80% 1RM	70–85% 1RM
Volume	1–2 sets × 10–15 reps	2–3 sets × 8–12 reps	≥3 sets × 6–10 reps
Rest intervals (min)	1	1–2	2–3
Velocity	Moderate	Moderate	Moderate
Frequency (d·wk <sup>-1</sup> )	2–3	2–3	3–4

\*ECC = eccentric; CON = concentric; SJ = single joint; MJ = multi-joint; 1RM = 1 repetition maximum; rep = repetition.

**TABLE 3.** Recommendations for progression during resistance training for power.\*

	Novice	Intermediate	Advanced
Muscle action	ECC and CON	ECC and CON	ECC and CON
Exercise choice	MJ	MJ	MJ
Intensity	30–60% 1RM VEL	30–60% 1RM VEL 60–70% 1RM STR	30–60% 1RM VEL 70 to ≥80% 1RM STR
Volume	1–2 sets × 3–6 reps	2–3 sets × 3–6 reps	≥3 sets × 1–6 reps
Rest intervals (min)	1	1–2	2–3
Velocity	Moderate/fast	Fast	Fast
Frequency (d·wk <sup>-1</sup> )	2	2–3	2–3

\*ECC = eccentric; CON = concentric; MJ = multi-joint; 1RM = 1 repetition maximum; VEL = velocity; STR = strength; rep = repetition.

# OMNI-Resistance Exercise Scale

