



# ACTIVITY PRESCRIPTION FOR ADULTS AGED 18-64

## HOW MUCH

It is recommended that each week adults aged 18-64 complete:

- **150-300 minutes of moderate intensity cardiovascular activity** OR
- **75-150 minutes of vigorous intensity cardiovascular activity** OR
- **An equivalent combination** of moderate and vigorous intensity cardiovascular activity AND
- **Muscle strengthening activity** on at least two days

## PLANNER

<b>Monday</b>	
<b>Tuesday</b>	
<b>Wednesday</b>	
<b>Thursday</b>	
<b>Friday</b>	
<b>Saturday</b>	
<b>Sunday</b>	

## STRENGTH ACTIVITY PLANNER

### Prescription:

All exercises should be completed for 3 sets of 8-16 repetitions, at a Rating of Perceived Exertion (RPE) 5-6 (equivalent to 4-5 Repetitions in Reserve).

Category	Exercise	Sets x Reps	Weight	RPE
Lower Body Squat Pattern				

<b>Upper Body Push</b>		<b>Sets x Reps</b> <b>Weight</b> <b>RPE</b>			
<b>Lower Body Hinge Pattern</b>		<b>Sets x Reps</b> <b>Weight</b> <b>RPE</b>			
<b>Upper Body Pull</b>		<b>Sets x Reps</b> <b>Weight</b> <b>RPE</b>			
<b>Calves</b>		<b>Sets x Reps</b> <b>Weight</b> <b>RPE</b>			
<b>Trunk</b>		<b>Sets x Reps</b> <b>Weight</b> <b>RPE</b>			

## ADDITIONAL NOTES

For additional articles, exercise videos, resources, and activity programs, visit [activeresilience.org](https://activeresilience.org)

