



## Resistance Training at Home

### General Tips

- If you do not have weights at home, be creative! You can use soup cans, empty gallons of milk filled with water, etc
- Perform 1 to 3 sets of 10 to 15 repetitions
- You should be able to lift the weight at least 10 times without stopping from fatigue. If you cannot do that, choose a lighter weight
- Avoid straining- maintain a rating of perceived exertion of 11 to 13
- Exhale (blow out) during the hard part and inhale (breathe in) during the easier part
- Feet should be about shoulder width apart and relaxed
  - Don't lock your knees!
- Use slow and controlled movements throughout the exercise
  - Avoid swinging or bouncing the weights
- Increase the weight or amount of resistance when 10 to 15 repetitions can be performed easily
- Stop exercising in the event of any warning signs or symptoms: dizziness, lightheadedness, shortness of breath, and/or any signs of angina
  - Angina symptoms include chest pain/tightness/pressure/discomfort, nausea, sweatiness, discomfort radiating into your neck, jaw or down one or both arms