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	Sets; RM	No. of Exercises <sup>a</sup>	Frequency
Healthy sedentary adults			
1998 ACSM Position Stand (6)	1 set; 8–12 RM	8–10	2–3 d·wk <sup>-1</sup>
1998 ACSM Guidelines (7) <sup>b</sup>	1 set; 8–12 RM	8–10	2 d·wk <sup>-1</sup> minimum
1996 Surgeon General's Report (55)	1–2 sets; 8–12 RM	8–10	2 d·wk <sup>-1</sup>
Elderly persons			
Pollock et al. (50)	1 set; 10–15 RM	8–10	2 d·wk <sup>-1</sup> minimum
Cardiac patients			
1995 AHA Exercise Standards (27)	1 set; 10–15 RM	8–10	2–3 d·wk <sup>-1</sup>
1995 AACVPR Guidelines (3)	1 set; 12–15 RM	8–10	2–3 d·wk <sup>-1</sup>

Note: AHA, American Heart Association; AACVPR, American Association of Cardiovascular and Pulmonary Rehabilitation; RM, repetition maximum.

<sup>a</sup> Minimum one exercise per major muscle group, e.g., chest press, shoulder press, triceps extension, biceps curl, pull-down (upper back), lower back extension, abdominal crunch/curl-up, quadriceps extension, leg curls (hamstrings), calve raise.

<sup>b</sup> ACSM (7): guidelines developed for healthy, sedentary, and low-risk diseased populations.

References: 6. American College of Sports Medicine. The recommended quantity and quality of exercise for developing and maintaining cardiorespiratory and muscular fitness and flexibility in healthy adults. *Med. Sci. Sports Exerc.* 30:975–991, 1998; 7. American College of Sports Medicine. *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription*, 3rd Ed. Baltimore: Williams and Wilkins, 1998, pp. 448–455; 55. U. S. Department of Health, and Human Services, Physical Activity, and Health. *A Report of the Surgeon General*. Atlanta, GA: U. S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 1996, pp. 22–29; 50. Pollock, M. L., J. E. Graves, D. L. Swart, and D. T. Lowenthal. Exercise training and prescription for the elderly. *South. Med. J.* 87:S88–S95, 1994; 27. Fletcher, G. F., G. Balady, V. F. Froelicher, L. H. Hartley, W. L. Haskell, and M. L. Pollock. Exercise standards: a statement for healthcare professionals from the American Heart Association. *Circulation* 91: 580–615, 1995; 3. American Association of Cardiovascular and Pulmonary Rehabilitation. *Guidelines for Cardiac Rehabilitation Programs*, 2nd Ed. Champaign, IL: Human Kinetics Publishers, 1995, pp. 27–56.