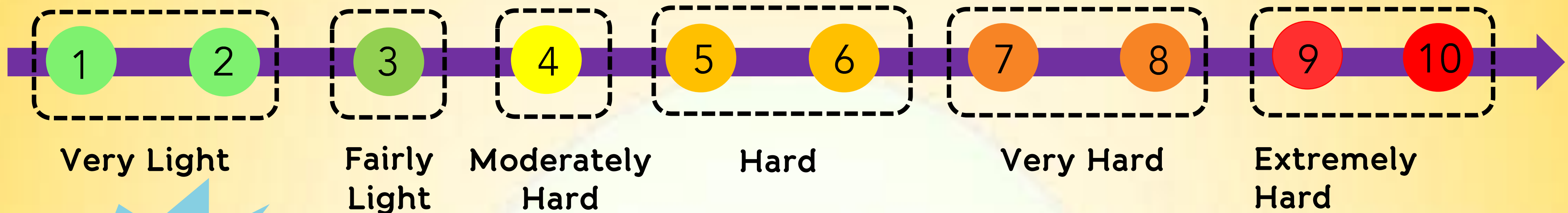


Beyond A Stronger You

Rate of Perceived Exertion (RPE)



American College of Sports Medicine (ACSM) + Bray's Guidelines

	Aerobics	Flexibility	Strength	Balance
Frequency	150-300 minutes per week	At least 2x per week	At least 2x per week	2 to 3x per week
RPE	5 to 6	5 to 6	5 to 6	3 to 4
How Many To Do	30-60 minutes per session	10 minutes per session	8-10 types, 8-12x each	20 minutes per session

