



## **Sets and Repetitions**

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Doing the resistance training exercises is great, but doing it the right way will help you achieve your goals of being fit faster and safer. There are several things to consider in a resistance training program, the number of sets and repetitions is one of the more important. You have probably heard a number of things about high repetitions, low weight, or high weight low repetitions, but unless you challenge your body in a way that requires it to work harder than it is used to there won't be any changes.

### **Repetitions**

A repetition is one complete movement from start to finish in a resistance training exercise. For instance, in a lunge, lowering your body toward the ground and returning to the start position is one repetition. Depending on your goal, a wide range of repetitions are appropriate to achieving that goal.

- Weight loss/general strength training—8-12 repetitions
- Endurance training—12-15 repetitions
- Body building 6-8 repetitions

### **Sets**

A set is a group of repetitions performed in a single setting. You will receive most of the benefit from the first set that you perform, but you can get the maximum benefit by doing about 3 sets. In general, performing 1-3 sets of an exercise will help you get the most out of your workout.

### **Intensity**

If you aren't challenging the muscle enough, you won't get the benefits. In the case of a weight loss/general strength training goal, you should be able to do at least 8 repetitions. If you cannot do 8 repetitions, you need to lift a lighter weight. If you can easily do 13 repetitions, you will need to lift a heavier weight to get benefits. Don't shortchange yourself; a challenging weight lifted with correct form can help you achieve your goals. Make sure you can do the assigned number of repetitions with good form; bad form is the fastest way to injure yourself and not reach your goals.

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### **Disclaimer:**

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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