

ACSM:Exercise Guidelines^{15,16}

ACSM Guidelines (2010) and ACS (2012) for the Cancer Survivor

Avoid Inactivity

Aerobic Exercise: 150 minutes/week of moderate-intensity aerobic activity (30min 5 d/wk) OR- 75 minutes per week of vigorous intensity- More for additional health benefits

Resistance Exercise: 2x per week, Exercise and Sport Science Australia (ESSA) recommends 6-10 exercises, 1-4 sets per muscle group (6-12 RM)- Focus on Major mm groups

Acsm Guidelines For Exercise

Kathleen Armour



Acsm Guidelines For Exercise:

Acsm Guidelines For Exercise Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Acsm Guidelines For Exercise**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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