

Exercise Domain	Intensity	Volume	Frequency	Type
Aerobic Capacity	<p>Moderate Intensity: May need to start at 30-50% for severely deconditioned individuals.</p> <p>Progress towards:</p> <ul style="list-style-type: none"> • 40-60% HRR* • 5-6/10 RPE 	<ul style="list-style-type: none"> • 30 up to 60 min/day in bouts of at least 10 minutes (longer time for greater benefit) • Total 150-300 min/week 	5/week	<ul style="list-style-type: none"> • Walking • Dancing • Swimming • Water aerobics • Speed walking or jogging • Aerobic exercise classes • Bicycle riding (non recumbent stationary or on a path) • Elliptical type machines • Some gardening activities such as raking and pushing a lawnmower, tennis, and golf (without a cart) • General: any exercise type that does not impose excessive orthopedic stress.
	<p>Vigorous Intensity:</p> <ul style="list-style-type: none"> • 60-90% HRR • 7-8/10 RPE 	<ul style="list-style-type: none"> • 20-30 min/day of more vigorous exercise • Total 75-100 min/week. 		
Strengthening	<p>Moderate intensity: 60%-70% 1-RM</p>	<p>Initially focus on form and comfort with exercise before increasing resistance</p> <ul style="list-style-type: none"> • 8-10 exercises involving the major muscle groups • 1 set of 10-15 reps each (if done to failure, equates to 60-70% 1RM) 	• 2/week	<p>Progressive resistance training such as lifting weights, using machines, working with resistance bands, using body weight for resistance (such as push-ups, pull-ups, and sit-ups), climbing stairs, carrying heavy loads, and heavy gardening.</p>
	<p>Power:** incorporating power when patient can perform full set with no pain or compensations</p>	<ul style="list-style-type: none"> • 1-6 sets of 4-20 reps at 20-80% 1 RM • 1-11 exercises 	1-3/week	<p>Any of the above exercises with the addition of a speed component.</p>

Flexibility	Stretch to the point of feeling tightness or slight discomfort.	Shoulders, hips, back, wrists, hamstrings, ankles Hold the stretch for 30-60 seconds.	2/week- preferably performed on days aerobic activity is performed.	Slow movements into sustained positions that result in a stretch.
Balance	<ul style="list-style-type: none"> • Rated moderate intensity. • Progressively challenging postures that reduce the base of support and challenge sensory input. • Start static if necessary and quickly progress to dynamic. 	90 minutes/week	2-3 days/week	Any activity that promotes agility during movement such as multi-planar walking, stepping over and around obstacles, moving the head while walking, transitioning to different height surfaces, moving in different environments, stooping, crawling, bending, etc.

Abbreviations: HHR-Heart Rate Reserve; RM: one repetition max

* Recommend bookmarking a [Heart Rate Reserve Website](#) or downloading an app calculator

such as: [Karvonen Formula Calculator](#) (HIOX Softwares Pvt Ltd)

**A lot of variability in the literature