

Programs for Strength Training	Muscle Strength	Muscle Size	Muscle Endurance	Muscle Tone
Resistance	85% to 100% of 1-RM	70% to 85% of 1-RM	50% to 70% of 1-RM	60% to 80% of 1-RM
Repetitions	1 to 6 RM	6 to 12 RM	12 to 20+ RM	8 to 12 RM
Sets	4 to 8	3 to 6	2 to 4	1 to 3
Rest (between sets)	2 to 4 minutes	1 to 2 minutes	30 to 90 seconds	30 to 60 seconds

Table 16.1 Summary of Weight Training Guidelines

From Weight Training for Life by James Hesson