Transcript.

Resistance Training and Resistance Training Equipment

Resistance training when executed properly can improve muscular strength and muscular endurance. It can also increase lean muscle mass and improve insulin sensitization and body composition. For those beginning a resistance training program with free weights or resistance machine, the American College of Sports Medicine in 2009 put forth a set of resistance training guidelines which you have the link for here.

One primary recommendation for those beginning a resistance training program, but particularly those with diabetes and cardiovascular disease, is that weight or resistance loads should be initially set such that the patient can perform at least 10 to 12 exercise repetitions. This ensures that they do not begin with excessive resistive loads which can cause strain and an excessive systolic blood pressure response. It is also recommended that patients do not hold their breath during any phase of the exercise but that they breathe throughout the exercise movement itself.