

The following is an abbreviated summary of the 2006 Position Stand by the American College of Sports Medicine on the recommended quantity and quality of exercise for developing and maintaining cardio-respiratory and muscular fitness, and flexibility, in healthy adults.

Cardio-Respiratory Fitness and Body Composition

frequency	3-5 days per week
intensity	55%-65% to 90% of maximum heart rate 40%-50% to 85% of maximum oxygen uptake (heart rate reserve or $V_{O_2}$ reserve) Note: The lower-intensity levels (55%-64% of maximum heart rate and 40%-49% of maximum oxygen uptake) are applicable for persons with low fitness levels.
RPE	12-16
duration	20-60 minutes of continuous exercise or the same duration (20-60 minutes) accumulated throughout the day in 10-minute or longer bouts of exercise
mode	dynamic activities that employ the major muscle groups of the body in a rhythmic and continuous fashion

Muscular Strength      Endurance and Body Composition

frequency	2-3 times per week
intensity	to volitional fatigue, or stopping 2-3 repetitions before volitional fatigue
sets	1 set per exercise (minimum)
repetitions	3-20 repetitions for each exercise (e.g., 3-5, 8-10, 12-15)
exercises	8-10 exercises for the major muscle groups of the body

Flexibility

frequency	2-3 days per week; ideally 5-7 days per week
intensity	, stretching to tightness at the end of the range of motion, but not to pain
type	static stretches
exercises	, for all major muscle groups of the body

Source: Adapted from American College of Sports Medicine (ACSM). 2006. ACSM's Guidelines for Exercise Testing and Prescription, (7th ed.). Philadelphia: Lippincott Williams & Wilkins.