



## NSCA (Essentials of Training Special Populations] - Program Design Guidelines for Clients Who Have Sustained a Stroke

Type of Exercise	Frequency	Intensity	Volume
<b>Resistance Training</b>			
Modes of training <ul style="list-style-type: none"> <li>• Weight training machines</li> <li>• Bodyweight resistance</li> <li>• c. Elastic tubing</li> </ul>	<ul style="list-style-type: none"> <li>• Begin with one or two sessions per week.</li> <li>• Possibly progress to 4 days per week, split routine.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin with 8-10 exercises with resistance of estimated 50-60% 1RM</li> <li>• Progress to 60-85% 1RM, emphasizing multi-joint approach.</li> </ul>	<ul style="list-style-type: none"> <li>• Start with 1 set per exercise of 10-12 reps.</li> <li>• Possibly increase to 2-3 sets per exercise.</li> <li>• If multiple sets, then have 1-2 min between sets.</li> </ul>
Type of Exercise	Frequency	Intensity	Volume
<b>Aerobic Training</b>			
Modes of training <ul style="list-style-type: none"> <li>• Cycling</li> <li>• Rowing</li> <li>• Arm crank exercise</li> <li>• Reciprocal press-pull exercise</li> <li>• Treadmill walking</li> </ul>	<ul style="list-style-type: none"> <li>• Begin with one session per week. Progress to 2 or 3 days per week.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin with light to moderate intensity of 30% to &lt;60% VO<sub>2</sub> or heart rate reserve, 55% to &lt;75% MHR, or RPE of 9-13 on Borg 6- to 20-point scale.</li> <li>• Increase intensity gradually.</li> </ul>	<ul style="list-style-type: none"> <li>• Begin with 15- to 20-min sessions.</li> <li>• Gradually increase to 30-min sessions.</li> </ul>