

**Table. ACSM FITT Recommendations for Individuals with Arthritis.**

	<b>Aerobic</b>	<b>Resistance</b>	<b>Flexibility</b>
<b>Frequency</b>	3-5 d·wk <sup>-1</sup>	2-3 d·wk <sup>-1</sup>	Daily
<b>Intensity</b>	Moderate (40%–59% $\dot{V}O_2R$ or HRR) to vigorous ( $\geq 60\%$ $\dot{V}O_2R$ or HRR)	60%–80% 1-RM. Initial intensity should be lower (i.e., 50%–60% 1-RM) for those unaccustomed to resistance training.	Move through ROM feeling tightness/stretch without pain. Progress ROM of each exercise only when there is little or no joint pain.
<b>Time</b>	Accumulate 150 min·wk <sup>-1</sup> of moderate intensity, or 75 min·wk <sup>-1</sup> of vigorous intensity, or an equivalent combination of the two, in bouts of $\geq 10$ min	Use healthy adult values and adjust accordingly (i.e., 8–12 repetitions for 1–3 sets); include all major muscle groups.	Up to 10 repetitions for dynamic movements; hold static stretched for 10–30 s and repeat two to four times.
<b>Type</b>	Activities with low joint stress, such as walking, cycling, swimming, or aquatic exercise	Machine, free weights, resistance bands, tubing. Body weight exercises are also appropriate for most individuals with arthritis.	A combination of active, static, and proprioceptive neuromuscular facilitation stretching of all major joints with a focus on affected joints and muscles crossing these joints.
<p><b>1-RM, one repetition maximum; HRR, heart rate reserve; ROM, range of motion; <math>\dot{V}O_2R</math>, oxygen uptake reserve.</b></p>			