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| **ACSM’s (2021) FITT Recommendations COPD** | | | |
|  | **Aerobic component** | **Resistance component** | **Flexibility component** |
| **Frequency** | Minimally 3 d ∙ wk−1; preferably up to 5 d ∙ wk−1 | At least 2 d ∙ wk−1 performed on non-consecutive days. | ≥2–3 d ∙ wk−1 with daily being most effective. |
| **Exercise Intensity** | Moderate-to-vigorous intensity (50%–80% peak work rate or 4–6 on the Borg CR10 scale). | Strength: 60%–70% of 1-RM for beginners; ≥80% for experienced weight trainers.  Endurance: <50% of 1-RM. | Stretch to the point of feeling tightness or slight discomfort. |
| **Time (Duration)** | 20–60 min ∙ d−1 at moderate- to-high intensities as tolerated. If the 20- to 60-min durations are not achievable, accumulate ≥20 min of exercise interspersed with intermittent exercise rest periods of lower intensity work or rest. | Strength: 2–4 sets, 8–12 repetitions.  Endurance: ≤2 sets, 15–20 repetitions. | 10–30 s hold for static stretching; 2–4 repetitions of each exercise. |
| **Type (Mode)** | Common aerobic modes including walking (free or treadmill), stationary cycling, and upper body ergometry. | Weight machines, free weight, or body weight exercises. | Static, dynamic, and/or PNF stretching. |
| 1-RM = one repetition maximum; HRR = heart rate reserve; PNF = proprioceptive neuromuscular facilitation | | | |