

# RESISTANCE TRAINING FOR ADULTS OVER 65

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*New NSCA (National Strength and Conditioning Association)  
Position Statement*

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## WHY RESISTANCE TRAINING?

- 50% of inactive adults over 80 show notable loss of muscle
  - 10% of sedentary adults over 60 show notable loss of muscle
  - Inactive adults have **2x risk** of future mobility limitations compared to adults of the same age that meet the Surgeon General's recommendations for physical activity.
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## BENEFITS OF RESISTANCE TRAINING

- Slows age-related accumulation of intra-muscular and abdominal fat
  - Improves muscle quality
  - Increases bone density
  - Improves metabolic health and insulin sensitivity
  - Helps reduce falls and fractures
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## NSCA RECOMMENDED GUIDELINES

-  Prioritize 2-3 days of resistance training each week.
  -  Train 2-3 major muscle groups each workout.
  -  Program 8-10 exercises.
  -  2-3 sets of each exercise.
  -  10-15 repetitions for beginners.
  -  6-12 repetitions for muscular strength development.
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## INTELLIGENT PROGRAMMING

- Training to failure does **not** promote additional physiological adaptations for adults over 65.
- Optimal training is done with correct form at weights 50-70% of 1RM (one rep maximum). However, starting at weights 20-30% 1RM and gradually increasing weights may be appropriate.
- Power exercises (eccentric phase into explosive action) have shown to have a greater functional improvement in activities of daily living.

*“Resistance training is beneficial and safe for healthy older adults with proper instruction and spotting to ensure correct exercise technique.”*

*– Len Kravitz, Ph.D.*

### Source:

Fragala, M.S., et al. 2019. Resistance training for older adults: Position statement from the National Strength and Conditioning Association. The Journal of Strength and Conditioning Research, 33 (8), 2019-52.