

Summary of the Strength Training Phase

| Session A* | Session B* | Session C & D* |
|---|---|----------------------------------|
| <p>Exercises with free weights from a standing position or with motion across the floor.</p> <p>Examples include:</p> <ul style="list-style-type: none"> • Chest flys • Arm Abduction • Standing rows with squats • Triceps extension with lunges • Bicep curls with lunges • Standing or chair squats • Calf raises | <p>Exercises from Session A continued.</p> <p>Weight machines were sometimes available for:</p> <ul style="list-style-type: none"> • Chest Press • Latissimus Dorsi Pulldowns • Triceps extension • Bicep curls • Leg extension • Leg curls | <i>First class of each week</i> |
| | | Rear deltoid pull |
| | | Latissimus Dorsi pulldown |
| | | Abdominal crunch |
| | | Triceps extension |
| | | Leg extension |
| | | Hip abduction |
| | | Calf raise |
| | | <i>Second class of each week</i> |
| | | Chest fly |
| | | Seated row |
| | | Biceps curl |
| | | Back extension |
| | | Leg curl |
| | | Hip adduction |
| | | Leg press |

* Exercises were allowed to vary from class to class.

+ Two sets of 12 and 10 repetitions were performed for each machine. Weight was increased when participants could perform 12 repetitions comfortably for two consecutive sets.