



# Sets, Reps & Rest Made Simple™

Once you understand these three basics, a strength routine becomes much easier to follow.

There is no single perfect formula. Your starting point depends on the exercise, resistance, experience and how you feel that day.

1



## Repetition REP

One complete performance of an exercise.

Standing up from a chair once = 1 repetition.

2



## Set SET

A group of repetitions completed before you rest.

Standing up 8 times, then stopping = 1 set of 8.

3



## Rest REST

Time between sets that allows your muscles and breathing to recover. Rest until you feel ready to repeat the exercise with control.

## A Simple Beginner Starting Point



### 1 to 2 Sets

Begin with one set. Add another when the routine feels manageable.



### 8 to 12 Repetitions

Choose resistance that makes the final repetitions feel challenging while form stays steady.

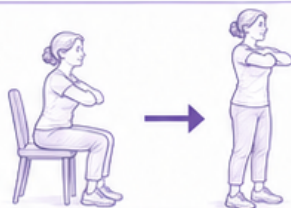


### About 1 to 2 Minutes of Rest

Rest longer if your breathing, muscles or form have not recovered.

This is a general starting point, not a requirement. Some exercises or health needs call for a different approach.

Chair  
Sit-to-Stand



## What This Looks Like

Set 1:  
8 repetitions

Rest:  
60 to 120 seconds

Set 2:  
8 repetitions

## You May Be Ready When

- ☐ Your breathing has settled.
- ☐ Your muscles feel able to work again.
- ☐ You can begin with steady form.

## Rest a Little Longer When

- ☐ You are still breathing hard.
- ☐ Your muscles feel shaky or unable to control the movement.
- ☐ You feel rushed or unfocused.



## Adjust One Thing at a Time

More Repetitions



Another Set



Slightly More Resistance



A Longer Rest



You do not need to change all four.

Exercise: \_\_\_\_\_

Sets: \_\_\_\_\_

Repetitions: \_\_\_\_\_

Rest: \_\_\_\_\_



### Gentle Reminder

Finishing with good form matters more than reaching a certain number.

### Martine's Midlife Wellness Tip

Use a timer for rest if you tend to rush. Your next set may feel much better after another thirty seconds.



### When to Stop

Stop for sharp pain, dizziness, chest pain, unusual shortness of breath, new weakness or loss of control.