

Useful Exercise Terminology

For those of you who have not been involved in a structured training program before, you will be introduced to a number of new terms that you will become familiar with over the next few months. We have explained some of these below.

Reps, Sets and Intensity

- **Repetitions (or reps):** refers to the completion of a designated number of movements (for a given exercise) through its full range of motion, i.e. one complete “lift and relax” cycle. In the TeleFFiT program, you will usually perform between 10 and 12 ‘reps’ of each of your STRONG exercises and between 10 and 20 reps for your ACTIVITY SNACK exercises.
- **Sets:** refers to group of reps. It is the number of times a specific exercise is performed, with each set separated by a rest interval. In the TeleFFiT program, you will complete between 2 and 3 sets for each exercise with about 1 minute rest in between sets.

**** How to Progress Your Training Reps and Sets ****

The rate that you progress your reps and load will depend on the exercise and on the individual so please speak to your exercise practitioner (EP) about the safest way to progress your exercise program.

- **Intensity - How hard should I train?** This relates to the amount of resistance (weight) or how challenging the exercise was to perform. Training at the right intensity is critical to ensure you improve over time but is also linked to your risk of injury and so is important to carefully monitor.

The intensity of your program will be increased gradually as you adapt to your program and your technique improves. The goal of your program is to have you training at around 70 to 85% of your maximum strength for the **STRONG exercises**, which corresponds to a rating of perceived exertion (also called RPE scale – see below) of around 5 to 8 on the 10-point RPE scale.

- **Rating of Perceived Exertion (RPE) Scale:** The rating of perceived exertion (RPE) (sometimes called perceived effort) is widely used in exercise science to prescribe and/or monitor levels of exercise intensity. It is a tool that has been developed to rate how hard or difficult you felt it was for you to complete an exercise. It is important that you are honest when you rate your perceived exertion after each exercise.

The TeleHab exercise platform uses the 10-point RPE scale as shown below.

Please scroll to select how difficult this exercise was

0	Nothing at all
0.5	Very, very light
1	Very light
2	Light
3	Moderate
4	Somewhat hard
5	Hard
6	
7	Very hard
8	
9	
10	Very, very hard

How would you rate your pain out of 10? ↕

Please scroll to select pain level

0/10 - No pain at all

How difficult was this exercise to complete? ↕

Please scroll to select how difficult this exercise was

0 - Nothing at all

Exercise Summary ⓘ

Did you complete 3 sets of 10 reps each?

NO YES




In the TeleHab app, you will be asked to complete your RPE for each exercise during every training session. Try to evaluate your feeling of exertion as honestly as possible. Do not underestimate nor overestimate it. There is no value in underestimating your RPE to give an impression of being “brave” or “tough”. Your own subjective effort is not going to be compared to anybody else’s. Your exercise practitioner will be closely monitoring your RPE ratings to help them make decisions about your training loads.




The goal throughout your STRONG program is to be training at an RPE of around 5 to 8 ‘hard to very hard’ on the 10-point RPE scale.

Balance Training Intensity Scale

For the **STEADY balance and mobility exercises**, it is important that they progressively challenge your balance, but always commence at a relatively ‘easy starting position’. If it is not challenging, the exercise should be continually progressed until it is perceived as challenging by you. As a rule of thumb, if you need to use your hands continually to steady yourself during any exercise, then the exercise may be too difficult and may need to be modified. The figure provides some examples of when you might be exercising at a higher (appropriate) balance intensity along with a global rating scale of balance effort intensity scale.

WHILE YOU EXERCISE

 <input style="float: right; margin-right: 10px;" type="checkbox"/>	 <input style="float: right; margin-right: 10px;" type="checkbox"/>	 <input style="float: right; margin-right: 10px;" type="checkbox"/>
<p>You notice your breathing changes as you do the exercise (rate increases, or hold your breath)</p>	<p>You need to take one or more steps to keep your balance during the exercise</p>	<p>You need to move your arms or grab and hold something to keep your balance during the exercise</p>

 <input style="float: right; margin-right: 10px;" type="checkbox"/>	 <input style="float: right; margin-right: 10px;" type="checkbox"/>	 <input style="float: right; margin-right: 10px;" type="checkbox"/>
<p>You feel yourself holding any part of your body stiff or rigid to keep your balance during the exercise</p>	<p>You feel unsteady during the exercise</p>	<p>Someone else needed to help you regain your balance during the exercise</p>

How you can rate the intensity of your balance exercises

Use this scale to rate the difficulty of your balance exercises. Choose the number that matches how hard you worked to keep your balance during exercise.

GLOBAL RATING SCALE OF BALANCE EFFORT	1	2	3	4	5
How hard did you have to work to keep your balance during this task? It was ...	No effort at all	A little effort	Some effort	A lot of effort	Maximal effort

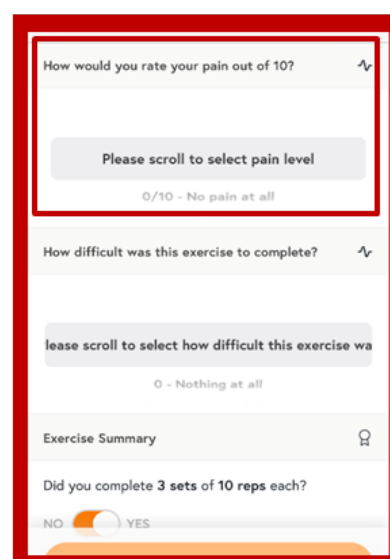
Balance Intensity 20:20 Rule

You may also wish to use the **20:20 balance guide** to monitor your balance intensity. This balance principle suggests the individual need to be 20% steady AND 20% unsteady when training balance. During the exercise time, for at least 20% of the time, individuals should feel secure, still, and in control. During the same exercise, however, they should also experience unsteadiness at least 20% of the time. Unsteadiness is defined as interruptions to balance, including swaying, reaching, stepping, grabbing, etc.

Pain Rating Scale

The TeleHab exercise app also includes a pain scale rating, which asks you to rate if you experience any pain (out of 10) when completing each of your exercises. Note this is different from the RPE scale which focuses on how difficult it was to perform an exercise.

Please scroll to select pain level	
0/10	No pain at all
1/10	
2/10	
3/10	
4/10	
5/10	Moderate pain
6/10	
7/10	
8/10	
9/10	
10/10	Extreme pain



The screenshot shows a mobile app interface. The top section asks "How would you rate your pain out of 10?" with a scrollable list of options from 0/10 to 10/10. The selected option is "0/10 - No pain at all". Below this, there is another question: "How difficult was this exercise to complete?" with a scrollable list of options from 0 - Nothing at all to 10 - Extreme pain. The selected option is "0 - Nothing at all". The bottom section is titled "Exercise Summary" and asks "Did you complete 3 sets of 10 reps each?" with radio button options for "NO" and "YES".

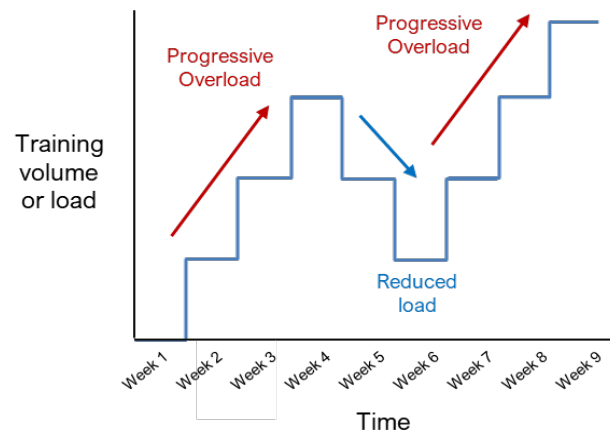
Throughout the study for each exercise, you will be asked to rate your level of pain ranging from 0 – no pain at all to 10 – extreme pain (see figure above). If you continually experience pain for any exercise during the program, please also contact your exercise practitioner ASAP. They will also be able to view your pain rating via the TeleHab platform and will contact you to discuss further.

Progressive Overload

Progressive overload is a universal principle of effective training that refers to a periodic increase in workload (weight, number of reps, training intensity) of your training routine.

As muscles become stronger, they adapt to the demands placed upon them. In order to continually improve the training demands (load or volume of training) must be gradually and systematically increased or changed over time, and this is often followed by a period of reduced training volume to allow the muscles to adapt.

The amount and rate of overload varies for each individual, but you will find that your muscle strength will increase rapidly during the initial stages of the training program and then slow down. For this reason, do not be discouraged and think that you have stopped improving. Improvements will just become smaller and less noticeable.



Rest/Recovery: Muscle needs time to repair and regenerate after a workout. It is expected that you will feel some muscle soreness the day or two after a training session, particularly during the early phase of your program when all the exercises are new to your body. Do not worry – this is absolutely normal and a sign that you are overloading your muscles!

A good rule of thumb is to rest the worked muscle groups for at least 24 hours to allow sufficient recovery time before working the same muscles again.

Over-working tired and sore muscles can lead to poor technique and thus an increased risk of injury. Gentle or non-weight-bearing activities, such as walking or swimming, can aid muscle recovery and may be more beneficial than sitting still.

Correct Technique: The technique used to lift/push/pull against resistance is the most important part of all training. Improper technique can be responsible for everything from unintentionally training the wrong set of muscles and hence not receiving the optimum benefit of a training program, to sustaining either a chronic or acute injury.

The TeleHab exercise app includes narrated videos of all your exercises and so we encourage you to listen and watch closely how to perform all your exercises. Your exercise practitioner can also help to demonstrate to you the proper technique for any exercise if needed.