

Guidelines for Special Populations

Condition	Cardiorespiratory Programming	Resistance Program	Comments
Hypertension	Mode, Intensity, Frequency, Duration	Reps/Sets	
Coronary Artery Disease	Mode, Intensity, Frequency, Duration	Reps/Sets	
Diabetes (Type 1; insulin dependent)	Mode, Intensity, Frequency, Duration	Reps/Sets	
Diabetes (Type 2; non-insulin dependent)	Mode, Intensity, Frequency, Duration	Reps/Sets	

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Asthma	Mode, Intensity, Frequency, Duration	Reps/Sets	
Chronic Fatigue Syndrome	Mode, Intensity, Frequency, Duration	Reps/Sets	
Cancer	Mode, Intensity, Frequency, Duration	Reps/Sets	
Osteoporosis	Mode, Intensity, Frequency, Duration	Reps/Sets	

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Low-back pain	Mode, Intensity, Frequency, Duration	Reps/Sets	
Arthritis	Mode, Intensity, Frequency, Duration	Reps/Sets	
Older Adult	Mode, Intensity, Frequency, Duration	Reps/Sets	
Weight Management	Mode, Intensity, Frequency, Duration	Reps/Sets	

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Youth	Mode, Intensity, Frequency, Duration	Reps/Sets	
Pregnancy	Mode, Intensity, Frequency, Duration	Reps/Sets	
Fibromyalgia	Mode, Intensity, Frequency, Duration	Reps/Sets	
Metabolic Syndrome	Mode, Intensity, Frequency, Duration	Reps/Sets	

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Dyslipidemia	Mode, Intensity, Frequency, Duration	Reps/Sets	