

References: Understanding the ACSM 2026 Position Stand

American College of Sports Medicine. (2026). *Resistance training prescription for muscle function, hypertrophy, and physical performance in healthy adults: An overview of reviews*. *Medicine & Science in Sports & Exercise*.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC12965823/pdf/msse-58-851.pdf>

- Get started! And stay consistent
- Can be trained using Medicine balls, jumps (fancy term is plyometrics) or quick lifts
- They analysed 137 review papers of about 35 000 published studies, including more than 30 000 participant
- Supports better sleep and overall quality of life
- What the research actually looked at
- Often, they're more about branding than meaningful differences in results.
- It should reflect: your starting point, your capacity, your goal

Atkinson, D. (2026). *Exercise guidelines update*. Flipping Fifty.

<https://www.flippingfifty.com/exercise-guidelines-update>

- How you do that is flexible.
Gym, home, bands, machines—it all counts
- Recover well
- Recovery still matters—but how much you need is individual
- Can be trained using Medicine balls, jumps (fancy term is plyometrics) or quick lifts
- Power, although often overlooked, becomes increasingly important with age, because it declines faster than strength
- Lean muscle is one of the strongest predictors of healthy longevity.
- It should reflect: your starting point, your capacity, your goal

Boutagy, T. (2026, March 30). *The new ACSM resistance training guidelines: What matters for strength, muscle & power with Dr. Currier* [Video]. YouTube.

https://www.youtube.com/watch?v=qD-x_6BEWsl

- yet is it becomes important to catch ourselves if we fall and to maintain independence in those other physical functioning outcomes listed above
- which is when a governing organisation makes an official statement on a topic
- They analysed 137 review papers of about 35 000 published studies, including more than 30 000 participant
- Lean muscle is one of the strongest predictors of healthy longevity.
- The specific rep range used
- the *best* program is the one you can actually stick to.

- Resistance training is a skill — and like any skill, you improve by doing it regularly
- Often, they're more about branding than meaningful differences in results.
- your goal

Olenick, A. (2026). *Series of posts summarising the 2026 ACSM resistance training guidelines* [Instagram posts]. Instagram.

- Recover well
- Get started! And stay consistent
- Prioritise your heavier work earlier in the session, after a proper warm-up
- Work through your full Range of Motion (ROM)
- Recovery still matters—but how much you need is individual
- Between 10 and 20 sets per muscle group per week
- A wide range of loads and equipment can be effective
- yet is it becomes important to catch ourselves if we fall and to maintain independence in those other physical functioning outcomes listed above
- Lean muscle is one of the strongest predictors of healthy longevity.
- Resistance training is a skill — and like any skill, you improve by doing it regularly
- Sufficient challenge is non-negotiable
- The authors recommend splitting the volume into 2 or more sessions per week.
- The exact number of reps matters far less than the effort within the set