

Condition	Aerobic Rx	Resistance/Strength Rx	Intensity Target	Key Notes
Cardiovascular Disease (CVD)	Brisk walking, cycling, elliptical, rowing (30-45 min, 3-5 days/week)	Full-body machines or free weights (2-3 days/week, 1-3 sets, 8-15 reps)	Aerobic: RPE 11-14 (moderate) Strength: 60-70% 1RM	Emphasize warm-up/cool-down. Avoid Valsalva. Progress volume before intensity. Supervision if post-event or symptomatic.
Hypertension (HTN)	Brisk walking, cycling, (30 min most days)	Dynamic resistance (machines, DBs) (2-3 days/week, 1-3 sets, 10-15 reps)	Aerobic: RPE 11-13 Strength: Light-Moderate	Avoid breath-holding and maximal lifts. Isometric work can help BP but should be introduced cautiously.
Type 2 Diabetes (T2DM)	Walking, cycling, intervals if appropriate (150+ min/week)	Full-body resistance (2-3 days/week, 2-3 sets, 8-12 reps)	Aerobic: RPE 11-14 Strength: Moderate	Encourage no >2 consecutive inactive days. Watch hypoglycemia (insulin/sulfonylureas). Post-meal walks are powerful.
Obesity / Metabolic Syndrome	Walking, cycling, incline treadmill (200-300 min/week for weight loss)	Resistance to preserve lean mass (2-3 days/week, 2-4 sets, 8-12 reps)	Aerobic: RPE 11-14 (progress gradually)	Volume matters more than intensity. Expect appetite compensation. Strength training is non-negotiable to protect muscle.
Depression / Anxiety	Walking, jogging, cycling, group classes (20-45 min, 3-5 days/week)	Optional: full-body resistance or circuits (2-3 days/week)	RPE 10-13 (moderate, not exhausting)	Consistency > intensity. Short bouts (10-15 min) still count. Avoid over-training; mood worsens when stress load is excessive.
Osteoarthritis (OA)	Walking, cycling, aquatic if painful (20-40 min, most days)	Targeted strengthening (quads, hips) (2-3 days/week, 2-3 sets, 8-15 reps)	Pain-guided, moderate effort	Pain during exercise ≠ harm. Progress load slowly. Strength reduces joint stress; inactivity worsens symptoms.
Osteoporosis	Weight-bearing: walking, stairs (Most days)	Progressive resistance (spine/hip focused) (2-3 days/week, 2-3 sets, 6-10 reps)	Strength: Moderate-high load, good form	Avoid loaded spinal flexion/twisting in high-risk clients. Include balance training every session.