MS Traditional Resistance Program
Instructions and Log Sheet

Evidence is accumulating that exercise, and an active lifestyle has profound benefits for brain function improving learning and memory and may even prevent or delay loss of cognitive function with aging or neurodegenerative disease. This online resistance program consists of specific resistance training sessions each focusing on a different body section, upper body, lower body, and core. These exercise sessions will rotate throughout the program and are led by fitness expert, CarolAnn, MS. The program is on-demand and is accessed online. Participants are asked to commit to the program by participating in before/during/after assessments and performing the assigned exercise session daily with built-in rest days. The program will begin May 13th and will continue for about 4 months until all 30 cycles are completed.

Program Timeframe: May 13th-September 9th, 2024

- Before/During/After Assessments: Each participant will self-assess in the following areas-timed balance, upper body strength, core stability, and functional movement. Refer to the assessment video and written instructions. Log your results on the Assessments Overview and Log Sheet.
    - Before Assessment: Perform before May 13th
    - During Assessment: Perform June 21st
    - During Assessment: Perform July 31st
    - After Assessment: Perform September 9th
- Exercise Program: The participant will perform a 20–30-minute exercise routine that focuses on a different body section each day.
    - Day 1=Upper Body
    - Day 2=Lower Body
    - Day 3=Core
    - Day 4=Rest Day
    - Days 1-4 = 1 Cycle
    - At the end of 10 Cycles, the participant will perform an assessment to track progress. Refer to the specific dates on the following calendar.
    - The participant will perform 3 sets of 10 Cycles.
    - Work up to performing 3 sets of 10 reps per exercise.
    - Increase resistance of the band if you can perform more than 10 reps easily.
- Logging Each Session: Log the completed exercise session on the following calendar after each training session. See below.
- Completion of the Program: After the program is completed on September 9th, 2024, the participant will email the completed log sheet along with the before/during/after assessment results. You will be notified with instructions.
- Safety Tips:
    - Warm up for about 5 minutes before every exercise session. Walking or biking are good examples.
    - Stretch after each exercise session.
    - Drink water at any time.
    - Stop and rest if you feel dizzy, light-headed, over-heated, or nausea. It is okay if you are having a flare-up to skip that day and pick up when you feel better. It is not necessary to make up the days that you miss. Stay on track with the exercise that is assigned to the specific date. (See the following calendar.)

Log Sheet

The Program: May 13th- September 9th

1. Print off the following calendars to post in a convenient location.
2. Perform the daily assigned exercise video.
3. Log on the following calendar that you completed the exercise video by checking off the face icon based on how you feel after you completed the video.

    = I feel GREAT!! I love how I performed.

    = I feel GOOD. I'm satisfied with how I performed.

    = I feel BAD. I'm not happy with how I performed. I'm on the struggle bus today.

4. If you miss a day, stay positive. Just go onto the next day and keep moving forward through the program. Always do the video that is assigned to the date.
5. When the program is complete, you will be asked to submit the below log and complete a survey.

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13 Cycle 1  Upper Body	14  Lower Body	15  Core	16  Rest	17 Cycle 2  Upper Body	18  Lower Body
19  Core	20  Rest	21 Cycle 3  Upper Body	22  Lower Body	23  Core	24  Rest	25 Cycle 4  Upper Body
26  Lower Body	27  Core	28  Rest	29 Cycle 5  Upper Body	30  Lower Body	31  Core	

June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1  Rest
2 Cycle 6  Upper Body	**3**  Lower Body	**4**  Core	**5**  Rest	**6** Cycle 7  Upper Body	**7**  Lower Body	**8**  Core
9  Rest	**10** Cycle 8  Upper Body	**11**  Lower Body	**12**  Core	**13**  Rest	**14** Cycle 9  Upper Body	**15**  Lower Body
16  Core	**17**  Rest	**18** Cycle 10  Upper Body	**19**  Lower Body	**20**  Core	**21** Complete Assessment  Rest	**22** Cycle 1  Upper Body
23  Lower Body	**24**  Core	**25**  Rest	**26** Cycle 2  Upper Body	**27**  Lower Body	**28**  Core	**29**  Rest
30 Cycle 3  Upper Body						

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1  Lower Body	**2**  Core	**3**  Rest	**4** Cycle 4  Upper Body	**5**  Lower Body	**6**  Core
7  Rest	**8** Cycle 5  Upper Body	**9**  Lower Body	**10**  Core	**11**  Rest	**12** Cycle 6  Upper Body	**13**  Lower Body
14  Core	**15**  Rest	**16** Cycle 7  Upper Body	**17**  Lower Body	**18**  Core	**19**  Rest	**20** Cycle 8  Upper Body
21  Lower Body	**22**  Core	**23**  Rest	**24** Cycle 9  Upper Body	**25**  Lower Body	**26**  Core	**27**  Rest
28 Cycle 10  Upper Body	**29**  Lower Body	**30**  Core	**31** Complete Assessment  Rest			

August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Cycle 1  Upper Body	**2**  Lower Body	**3**  Core
4  Rest	**5** Cycle 2  Upper Body	**6**  Lower Body	**7**  Core	**8**  Rest	**9** Cycle 3  Upper Body	**10**  Lower Body
11  Core	**12**  Rest	**13** Cycle 4  Upper Body	**14**  Lower Body	**15**  Core	**16**  Rest	**17** Cycle 5  Upper Body
18  Lower Body	**19**  Core	**20**  Rest	**21** Cycle 6  Upper Body	**22**  Lower Body	**23**  Core	**24**  Rest
25 Cycle 7  Upper Body	**26**  Lower Body	**27**  Core	**28**  Rest	**29** Cycle 8  Upper Body	**30**  Lower Body	**31**  Core

September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  Rest	**2** Cycle 9  Upper Body	**3**  Lower Body	**4**  Core	**5**  Rest	**6** Cycle 10  Upper Body	**7**  Lower Body
8  Core	**9** Complete Assessment  Rest	**10** **PROGRAM COMPLETE!**	**11**	**12**	**13**	**14**
15	**16**	**17**	**18**	**19**	**20**	**21**
22	**23**	**24**	**25**	**26**	**27**	**28**
29	**30**					

After September 9th, complete the Final Assessment.

Submission Due by September 14th, 2024.