

F.I.T.T. PRINCIPLE

	Cardiovascular Endurance	Muscular Endurance	Muscular Strength	Flexibility
Frequency	Exercise 3-5 times per week	Exercises 2-4 times per week	Weight train 2-4 times per week.	Daily stretching.
Intensity	Train at 60-80% of target heart rate.	Add or maintain weight and repetitions.	60-75% of max 3 sets of 8-12 repetitions.	Stretch muscles and hold beyond its normal length.
Time	20-60 minutes per session.	About 30-60 minutes.	About 30-60 minutes.	Hold each stretch 10-15 seconds.
Type	Any aerobic activity keeping the heart rate within the target zone.	Resistance training yoga, Pilates, light weights.	Anaerobic activities such as weight lifting and sit ups.	Stretches that allow the body to move through the full range of motion.