

## F. I. T. T. Principle 1 Day Fitness Plan

**Cardiovascular Endurance:** Only need **1** aerobic exercise (ie. Running, Jumping Jacks, Jumping Rope)

**Frequency** = How many days in the week

**Intensity** = 60 – 80% of your max heart rate (Target Heart Rate)

**Time** = At least 10 minutes

**Type** = Type of health related fitness and exercise  
*For Example:* Cardiovascular Endurance (running)

**Flexibility:** (Sit and Reach, Butterfly, Back Scratcher)

**Frequency** = At least 3 days a week

**Intensity** = Just beyond your Comfort Zone

**Time** = 10 -15 seconds

**Type** = Type of health related fitness and the exercise  
*For Example:* Flexibility (Sit and Reach)

**Muscular Strength/ Endurance:** Need **3** exercises ( **1 upper body, 1 middle body, & 1 lower body**)

**Frequency** = At least 3 days a week

**Intensity** = How many you do

**Time**= Time it takes you to do the exercise (for example 2 – 5 minutes)

**Type** = Type of Health Related Fitness and the exercise  
*For Example:* Muscular Strength/Endurance (Push Ups)