

F. I. T. T. Principle 1 Week Fitness Plan

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

Frequency and Time = 90 minutes total per week (ie. 6 days for 15 min = 90 min)

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

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

Flexibility: Need **2** flexibility exercise (**1 upper body & 1 lower body**)

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

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