

HOW TO IMPROVE YOUR FITNESS LEVEL - F.I.T.T. PRINCIPLE

F.I.T.T. Frequency Intensity Time Type of training

	Cardiovascular Endurance	Muscular Endurance	Muscular Strength	Flexibility
Frequency	Exercise 3-5 times per week	Exercise 2-4 times per week	Weight train 2-4 times per week	Stretch Daily
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 for 10-15 seconds
Type	Any aerobic activity keeping the heart rate within the target zone	Resistance training yoga, light weights, body weight , etc.	Anaerobic activities such as weight lifting and sit- ups.	Stretches that allow the body to move through the full range of motion