

H7-2 The FITT Principle for Exercise Training

	Cardiorespiratory Endurance Training	Strength Training	Flexibility Training
<i>F</i>requency	3–5 days per week	2–3 days per week	2–3 days per week, or more
<i>I</i>ntensity	55/65–90% of maximum heart rate	Sufficient resistance to fatigue muscles	Stretch to the point of tension
<i>T</i>ime	20–60 minutes in sessions lasting 10 or more minutes	8–12 repetitions of each exercises; 1 or more sets	4 repetitions of each exercise, held for 10–30 seconds
<i>T</i>ype	Continuous, rhythmic activities using large muscle groups	Resistance exercises for all major muscle groups, with or without equipment	Stretching exercises for all major joints

- Warm up before exercise and cool down after exercise
- Don't hold your breath when strength training or stretching
- Train regularly
- Start slowly and get in shape gradually
- Vary your activities
- Find an exercise buddy
- Stay safe
- Expect fluctuations and lapses