

FITT Principles

From ACSM's for Exercise Testing and Prescription 9th edition.

FITT:

- Frequency
- Intensity
- Time
- Type

Aerobic:



F. ≥ 5 days per week of ≥ 150 minutes per week

I. Moderate intensity exercise

T. 30-60 minutes each day or can be done in 10min. bouts throughout the day

T. Rhythmic, aerobic exercise involving large muscle groups

Muscular Fitness (Strength)

F. Each major muscle group 2-3 days a week on non-consecutive days

I. Beginner 40-50% of their 1RM

T. 2-4 sets with a 2-3 min. rest interval

T. Resistance exercises, single and multi-joint



Flexibility

F. $\geq 2-3$ days a week, daily is most effective

I. Stretch to tightness and slight discomfort

T. Dynamic stretching before engaging in physical activity. Static stretching after a session of aerobic fitness, hold stretch for 10-30 sec.

T. All major muscle-tendon units



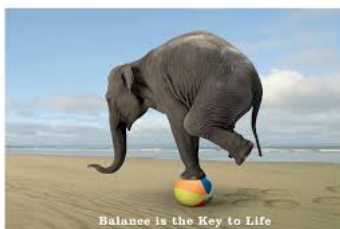
Neuromotor Exercise

F. $\geq 2-3$ days a week

I. More research needs to be done

T. $\geq 20-30$ min. each day

T. Motor skills: balance, agility, coordination, gait, pilates, yoga, etc.



Program Plan

Type (Strength Class, Zumba,...)	Component of Fitness			Frequency (check days)							Intensity (HR or Overload)	Time (minutes or sets and reps)	
	MS&ME	Cardio	Flexibility	S	M	T	W	Th	F	Sa			

Program Goals:

- 1.
- 2.

Strategies for adherence:

- 1.
- 2.
- 3.
- 4.
- 5.

HR Predicted max by formula: $220 - \text{age} = \text{predicted maximum}$

60-70% =

70-85% =

85-90% =