**F.I.T.T. PRINCIPLE: What is F.I.T.T?**

F.I.T.T. is an acronym used to describe the frequency, intensity, time and type of activity you need to participate in for that activity to produce benefits.

F stands for **frequency**, which means how often you do the activity. Frequency is the number of days per week that you participate in the activity.

I stands for **intensity**, which means how hard you perform the activity. The intensity must be greater than that required for normal daily activities.

T stands for **time**, which means how long you do the activity. The activity must be done for an effective amount of time for benefits to result.

T stands for **type**, which means what kind of activity you are performing.

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**Components of the F.I.T.T. Principle**

- **Cardiovascular Endurance**: The ability of the heart, lungs, and blood vessels to use and send fuel and oxygen to the body’s tissues during long periods of moderate to vigorous activity
- **Flexibility**: The ability to move the joints through a full range of motion
- **Muscular Strength**: The amount of force a muscle can exert
- **Muscular Endurance**: The ability of the muscles to perform physical tasks over a period of time without becoming fatigued.

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**How can we use the F.I.T.T. principle in our training?**

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Intensity</th>
<th>Time</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Muscular Endurance</strong></td>
<td>3 - 6 times per week</td>
<td>20-55% of one rep max*</td>
<td>1-3 sets of 11 or more reps for each exercise</td>
</tr>
<tr>
<td><strong>Muscular Strength</strong></td>
<td>2-4 times per week on nonconsecutive days</td>
<td>Teens: 40-80% of one rep max*</td>
<td>Teens: 1-2 sets of 8-11 reps for each exercise</td>
</tr>
<tr>
<td><strong>Cardiovascular Endurance</strong></td>
<td>3 - 5 times per week</td>
<td>Work in target heart rate zone</td>
<td>20 - 60 minutes each workout</td>
</tr>
<tr>
<td><strong>Flexibility</strong></td>
<td>Daily</td>
<td>Stretch muscles and hold beyond its normal length at a comfortable stretch</td>
<td>Hold stretch for 15 seconds with the stretching workout lasting 15-30 minutes</td>
</tr>
</tbody>
</table>

*One rep max (1RM) = The exertion that can be given by a muscle group when performing one repetition at a maximal level*