**RM 11–FM: FITT Principle Guidelines**

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| **Fitness and/or Health Benefit** |  |  | | **Variables** | |  |  |
|  | **F** Frequency |  | **I** Intensity | **T** Time |  | **T** Type |
| **Cardiorespiratory**  **Endurance (CRE)**  **(Aerobic)** |  | 3 to 5 times per week |  | moderate to vigorous intensity  (60% to 85% of maximum heart rate) |  minimum of 20 minutes |      | running cycling cross-country skiing (continuous motion of large muscle group[s]) |
| **Muscular Strength** |  | 2 or 3 times per week, with rest days in between bouts |  | high resistance  (sets to  maximum  capability) | * minimum of 20 minutes per session * 1 to 3 sets of 6 to 10 repetitions |        | free weights universal gym tubing body weight |
| **Muscular Endurance** |  | 2 or 3 times per week, with rest days in between bouts |  | low to moderate resistance | * minimum of 20 minutes per session * 3 sets of 16 to 20 repetitions |        | free weights universal gym tubing body weight |
| **Flexibility** |  | daily |  | slow and controlled  movement |  10 to 12 minutes |    | static |
| **Body**  **Composition** |  | 5 to 7 times per week |  | combination of intensities |  dependent on  intensity |    | aerobic anaerobic |
|  |  |  |  |  |  |  | resistance |
| **Anaerobic** |  | alternate days 2 or 3 times per week |  | 90% of maximum heart  rate |  2 to 3 minutes per bout |    | sprinting jumping |
| **Active Daily**  **Living / Health** |  | daily |  | low to moderate intensity |  30 to 60 minutes |      | gardening walking bowling |

**References:**

Manitoba Fitness Council. Active Healthy People: Fitness Theory Manual. Winnipeg, MB: Manitoba Fitness Council, n.d.

---. Resistance Training Manual. Winnipeg, MB: Manitoba Fitness Council, n.d.

**Designing a Workout Routine for Yourself**

When beginning a workout schedule the first thing to look at is your personal fitness goals. Do you want to lose weight, gain cardiovascular endurance, increase muscular strength or endurance, or be more sport specific (gains towards a specific sport). After having a goal in mind you must next find out the FITT principles to help you to create a weekly workout schedule.

1. For example your goal is to work on cardio-vascular endurance use the FITT to help you develop a weekly routine:

**Frequency:** 3-5 time per week (Sunday, Tuesday, and Thursday morning or evening)

**Intensity**: moderate 60-85% HRM (slow jog where you can talk without difficulty)

**Time:** Minimum 20 minutes

**Type:** Running (cycling, swimming, cross-country skiing)

**Start with run/walks.**While it’s tempting to just go out and run as fast as you can for as long as you can, you’ll ultimately run longer, feel stronger, and stay injury free if you start by adding short bouts of running to your regular walks and gradually increasing the amount of time that you spend running. Start by jogging 1 minute and walking 2 for 20 minutes. Then with time increase the running time slowly.

1. You may have to do some research if you are choosing to do a muscular strength or endurance program. You may want to look at these sites for help:

<https://www.nerdfitness.com/blog/strength-training-101-where-do-i-start/>

<https://www.bodybuilding.com/content/powerlifting-training-for-the-beginner.html>

<http://www.muscleandfitness.com/workouts/workout-routines/complete-mf-beginners-training-guide-0>

1. Perhaps your goal is muscular endurance and Flexibility try Yoga

<https://www.youtube.com/watch?v=v7AYKMP6rOE>

<https://www.youtube.com/watch?v=3_Q-yYfjeBM>

* ***Your assignment is to make a weekly schedule that includes the FITT principles. Make sure that you include the specifics ( exact weight training exercises, sets and reps, which body parts on which days, etc…)***