

Applying FITT to the Components of Fitness Worksheet

Instructions: Drag and drop (from the lists below) the frequency, intensity, type and time for each component of fitness in the table on the next page that is the best match for each component of fitness. When you are finished check your answers in the slideshow! Save this chart when you are finished, it might come in useful for an assignment later!

Frequency	Intensity	Time	Type
3-4 times per week	12-15 reps; 2-3 sets; Moderate weights = less than 50% of your 1 rep max; Rest 15-30 seconds between sets	Minimum of 15-20 minutes	Resistance training using body weight, TRX, resistance bands, medicine balls, free weights, weight machines, etc.
3-4 times per week	6-10 reps; 2-4 sets; Heavier weights = 60-80% of your 1 rep max; Rest 1 – 3 minutes between sets	Minimum of 15-20 minutes	Resistance training free weights, weight machines, medicine balls, kettlebells, Olympic bar (e.g. squat rack) etc.
3-4 times per week	60-80% of your maximum heart rate; Max HR = 220 – age; If 15, 123-164 bpm	Minimum of 20 minutes of continuous exercise	Any continuous aerobic exercise such as running, cycling, swimming, etc.
Should be a regular part of your cool down	Hold each static stretch 20-30 seconds; 1-3 reps; Stretch all major muscles and joints	Minimum of 10 minutes	Static stretches or controlled dynamic stretches.

	Muscular Endurance	Muscular Strength	Cardiorespiratory	Flexibility
Frequency				
Intensity				
Time				
Type				

Best Order for a Full Body Muscular Conditioning, Cardio and Core Workout

1. **Low Intensity Cardio Warm-up or Dynamic Warm-up** (i.e. stretching your muscles with movement). The purpose of the warm-up is to ensure that your muscles are warm & ready to work, your heart rate increases gradually & blood is circulating. Do not do static stretches during warm-up since there is an increased risk of injury (pulling a muscle) since your muscles are cold.
2. **Lower body exercises** (squats, lunges, leg press, etc.) – release most testosterone to help build muscle mass
3. **Upper body exercise** (chin-ups, push-ups, chest press, lat pull down, etc)
4. **Cardio** (20-30 minutes of steady state continuous aerobic exercise or 10 minutes of HIIT – High Intensity Interval Training). HIIT (cardio intervals) boost metabolism, help you to avoid plateaus & improve results.
5. **Core** (plank up downs, side plank, superman, back extensions etc.) – important for injury prevention/posture
6. **Cool down:**
 - a) 5 minute cardio machine flush at very low intensity to bring heart rate down & flush out lactic acid
 - b) use foam rollers to simulate a deep muscle massage & flush out lactic acid
 - c) static stretching increases flexibility which helps to prevent injuries