

FITT Factors Applied to Physical Conditioning Program				
Cardiorespiratory Endurance	Muscular Strength	Muscular Endurance	Muscular Strength and Muscular Endurance	Flexibility
Frequency 3-5 times/week	3 times/week	3-5 times/week	3 times/week	<u>Warm-up and Cool-down:</u> Stretch before and after each exercise session <u>Developmental Stretching:</u> To improve flexibility, stretch 2-3 times/week
Intensity 60-90% HRR*	3-7 RM*	12+ RM	8-12 RM	Tension and slight discomfort, NOT PAIN
Time 20 minutes or more	The time required to do 3-7 repetitions of each exercise	The time required to do 12+ repetitions of each exercise	The time required to do 8-12 repetitions of each exercise	<u>Warm-up and Cool-down Stretches:</u> 10-15 seconds/stretch <u>Developmental Stretches:</u> 30-60 seconds/stretch
Type Running Swimming Cross-Country Skiing Rowing Bicycling Jumping Rope Walking/Hiking Stair Climbing	Free Weights Resistance Machines Partner-Resisted Exercises Body-Weight Exercises (Pushups/Situps/Pullups/Dips, etc.)			<u>Stretching:</u> Static Passive P.N.F.
* HRR = Heart Rate Reserve * RM = Repetition Maximum				

Figure 1-1