

## FITT Principles Chart

Fitness and/or Health Benefit	Variables			
	F Frequency	I Intensity	T Time	T Type
Cardiovascular endurance (aerobic)	<ul style="list-style-type: none"> <li>3 to 5 times per week</li> </ul>	<ul style="list-style-type: none"> <li>moderate to vigorous intensity (60% to 85% of maximum heart rate)</li> </ul>	<ul style="list-style-type: none"> <li>minimum of 20 minutes</li> </ul>	<ul style="list-style-type: none"> <li>continuous motion of large muscle group[s] such as running, cycling, xc-cross skiing</li> </ul>
Muscular strength	<ul style="list-style-type: none"> <li>alternate days 3 times per week</li> </ul>	<ul style="list-style-type: none"> <li>high resistance (sets to maximum capability)</li> </ul>	<ul style="list-style-type: none"> <li>1 to 3 sets of 8 to 12 repetitions</li> </ul>	<ul style="list-style-type: none"> <li>free weights</li> <li>universal gym</li> <li>tubing</li> <li>body weight</li> </ul>
Muscular endurance	<ul style="list-style-type: none"> <li>alternate days 3 times per week</li> </ul>	<ul style="list-style-type: none"> <li>low to moderate resistance</li> </ul>	<ul style="list-style-type: none"> <li>3 sets of 10 to 20 repetitions</li> </ul>	<ul style="list-style-type: none"> <li>free weights</li> <li>universal gym</li> <li>tubing</li> <li>body weight</li> </ul>
Flexibility	<ul style="list-style-type: none"> <li>daily</li> </ul>	<ul style="list-style-type: none"> <li>slow and controlled movement</li> </ul>	<ul style="list-style-type: none"> <li>20 to 30 seconds</li> </ul>	<ul style="list-style-type: none"> <li>static</li> </ul>

### 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.