The **FITT principles** of frequency, intensity, time, and type can be applied to a variety of workouts to help you better achieve the five components of physical fitness.

In this lesson, we will be applying the FITT principles to cardio exercises, strength training, and flexibility training.
Applying the FITT Principles

**Cardio**

**Frequency:** Minimum of 3-5 times per week

**Intensity:** Moderate to vigorous intensity

Aim for your target heart rate zone (which we will discuss more in the next section).
Applying the FITT Principles

Cardio

**Time:** 10-60+ minutes per session

Thirty to sixty minutes is ideal.

**Type:** Running, jogging, walking, aerobics, swimming, biking, jump rope, or any sport or exercise in which you are in almost constant motion.
Applying the FITT Principles

**Strength Training**

**Frequency:** Work all major muscle groups 2-3 times per week.

Allow 48 hours before working the same muscle groups again. Your muscles need a day of rest (from heavy weight) in order to rebuild properly.

**Intensity:** Lift as much weight as you can safely and with proper technique for 8-12 repetitions.
Applying the FITT Principles

**Type:** Resistance training

This can involve free weights, machines, ankle or hand weights, or resistance tubing.

*Note:* Some cardio exercises, such as long distance running, or flexibility exercises such as yoga or Pilates also work on muscle endurance because the same muscle groups are being repeatedly contracted over time.

**Time:** 1-3 sets of 8-12 repetitions

Take a short break in between each set, or alternate sets of different muscle groups.
Applying the FITT Principles

Flexibility

**Frequency:** Stretching can be done every day. Stretching should be done after your muscles are warm, typically at the end of a workout. You should stretch *every time* you exercise.

**Intensity:** Stretch to the point of tension and possibly a little further. Stretching should not be painful. If it is painful, back off a little or stop that particular stretch.
Applying the FITT Principles

**Flexibility**

**Time:** Stretch when your muscles are warm. Hold a stretch for 10-30 seconds. Do 3-5 sets of each stretch.

**Type:** Stretching, assisted stretching, yoga, Pilates, swimming