**Cardio Respiratory Endurance**



**The ability of the heart, lungs, and blood vessels to use and send fuel to the body’s tissues during long periods of moderate to vigorous activity.**

**Assessment: Mile Run, Pacer**

**FITT Principle for Cardiorespiratory Endurance:**

**Frequency: 4-5 days per week**

**Intensity: 60% to 85% of target heart rate zone   
Time: 30 to 60 minutes is recommended.  
Type: Any aerobic activity that keeps the heart within your target heart rate zone**

**Muscular Strength**



**The amount of force a muscle can exert.**

**Assessment: Pull-Ups, Push Ups**

**FITT Principle for Muscular Strength:**

**Frequency: 2-3 days per week on non-consecutive days**

**Intensity: Heavy weight with more sets with decreasing reps**

**Time: Slow and controlled movement throughout range of motion**

**Type: 8-10 exercises targeting major muscle groups**

**Muscular Endurance**



**The ability of the muscles to perform physical tasks over a period or time without becoming fatigued.**

**Assessment: Curl Ups**

**FITT Principle for Muscular Endurance:**

**Frequency: 2-3 days per week**

**Intensity: Maintain or lower weight while increasing or decreasing sets with more reps**

**Time: 30 to 60 minutes is recommended**

**Type: Weight lifting activities**

**Flexibility**



**The ability to move the joints through a full**

**range of motion.**

**Assessment: The Sit and Reach**

**FITT Principle for Flexibility:**

**Frequency**- Daily stretching is recommended

**Intensity**- stretch muscles and hold beyond its normal length at a comfortable stretch

**Time**- hold each stretch for 10-15 seconds with the stretching workout lasting 15 min

**Type**- static stretches that allow the body to move through the full range of motion

**Body Composition**



**Ratio of Lean Tissue to Fatty Tissue**

**Assessment: Skin Calipers, Hydrostatic Weighing, BMI**