**Exercise Prescription using FITT Principles**

What frequency do you suggest?

|  |  |  |
| --- | --- | --- |
| **Cardiovascular activity** | **Muscular strength and endurance** | **Flexibility** |
|  |  |  |

What intensity do you suggest?

|  |  |  |
| --- | --- | --- |
| **Cardiovascular activity** | **Muscular strength and endurance** | **Flexibility** |
|  |  |  |

What time do you suggest?

|  |  |  |
| --- | --- | --- |
| **Cardiovascular activity** | **Muscular strength and endurance** | **Flexibility** |
|  |  |  |

What type of activity do you suggest?

|  |  |  |
| --- | --- | --- |
| **Cardiovascular activity** | **Muscular strength and endurance** | **Flexibility** |
|  |  |  |

**Exercise Prescription using PROS Principles**

Explain how you will utilize the principle of progression for each component of fitness in your exercise prescription.

|  |  |  |
| --- | --- | --- |
| **Cardiovascular activity** | **Muscular strength and endurance** | **Flexibility** |
|  |  |  |

Explain how you will utilize the principle of regularity for each component of fitness in your exercise prescription.

|  |  |  |
| --- | --- | --- |
| **Cardiovascular activity** | **Muscular strength and endurance** | **Flexibility** |
|  |  |  |

Explain how you will utilize the overload principle for each component of fitness in your exercise prescription.

|  |  |  |
| --- | --- | --- |
| **Cardiovascular activity** | **Muscular strength and endurance** | **Flexibility** |
|  |  |  |

Explain how you the specificity principle applies to each component of fitness in your exercise prescription.

|  |  |  |
| --- | --- | --- |
| **Cardiovascular activity** | **Muscular strength and endurance** | **Flexibility** |
|  |  |  |