

PHYSICAL ACTIVITY & EXERCISE

Other Exercise Principles



OVERLOAD

A greater than normal stress on the body is required for physical adaptations to take place.

PROGRESSION

Overload needs to be gradually increased and there is an optimal level of overload that should be applied.

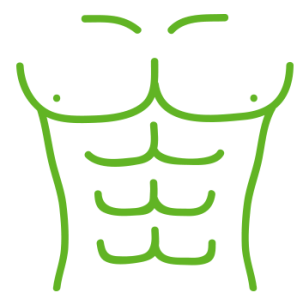


SPECIFICITY

Your activity should match your goals. To become better at a certain skill, you must practice that skill.

ADAPTATION

The body's ability to change due to an increase or decrease in physical demands.



REVERSIBILITY

"Use it or lose it"; muscles increase in size and strength with use, and decrease in size and strength with disuse.

REST & RECOVERY

To properly adapt, your body must rest and recover. General recommendations are for 24 - 48 hours between activity sessions.

