

ADAPTING YOUR PROGRAM

FITT PRINCIPLES

FREQUENCY:

How often are you exercising?
This can be progressed by adding an extra session to your week!

INTENSITY:

How hard are you working? Moderate to vigorous activity is suggested to see the most improvements.

TYPE:

What type of exercise are you doing? Try mixing up the type of activity you do. Even if it uses similar muscles, it will use them slightly differently.

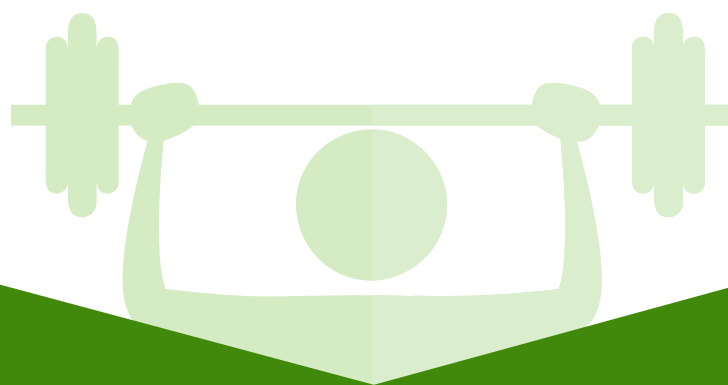
TIME:

How long are you doing it?
Try adding extra minutes to your activity.

As you progress through your program, you may notice that certain exercises feel easier.

The body constantly needs to be challenged in order to continue to improve.

Use the FITT Principle to adapt your program every 3-4 weeks. Remember to only change one part of the FITT principle at a time!



FITT PRINCIPLES

REPS

Repetitions; how many are you doing?
Example: 10 bicep curls

SETS

Groupings of repetitions separated by a rest.
Example: 2 sets of 10 bicep curls

REST

The break between sets during an exercise session OR the length of time between exercise sessions.
Example: 2 sets of 10 bicep curls with 60s rest
Example: completing your home program on Monday and Wednesday and taking a break Tuesday