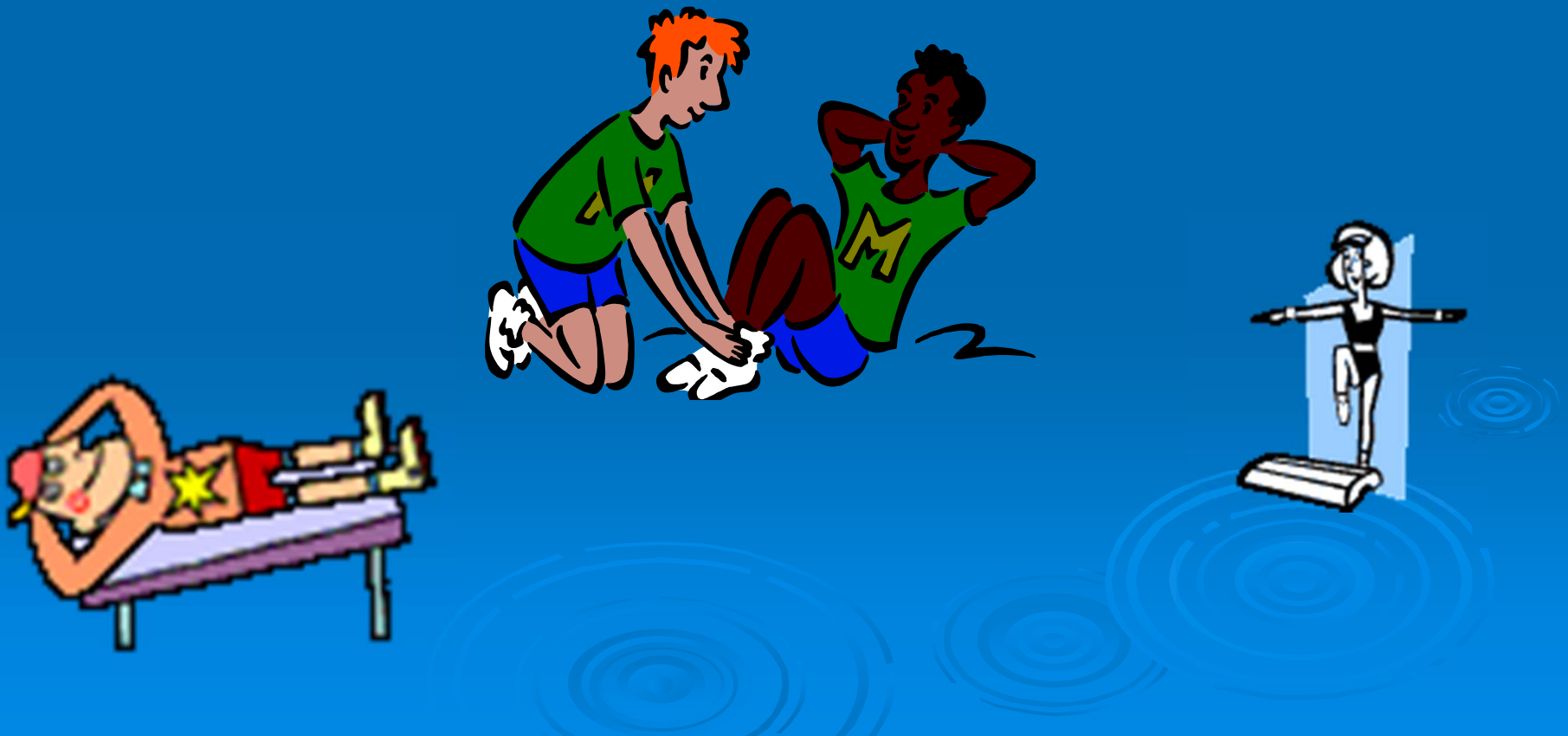


# Principles of Training

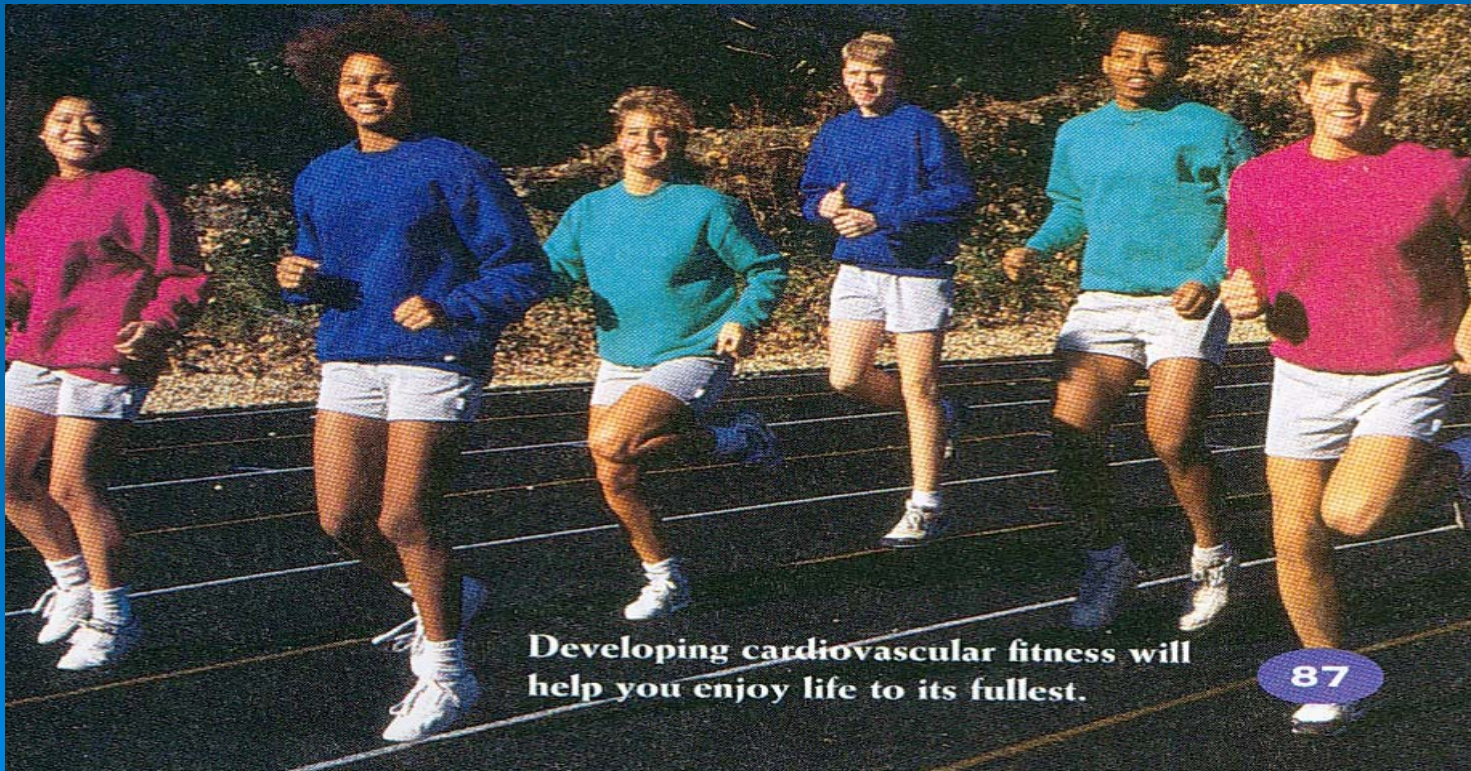


**There are three basic training principles that should be followed in order to improve your physical fitness.**




- Overload
- Progression
- Specificity

# Principle of Overload



Developing cardiovascular fitness will help you enjoy life to its fullest.

**Exposing the muscles,  
joints, cardiovascular,  
and respiratory system  
to more work and  
stress than is normally  
experienced.**

The bottom of the slide features several concentric, light blue circular ripples of varying sizes, resembling water droplets or sound waves, set against the solid blue background.

**In order to improve your level of fitness, you must increase the amount of regular activity or exercise that you normally do.**

# Give an **EXAMPLE** of the Principle of Overload

Workout # 1: \_\_\_\_\_

Workout # 2: \_\_\_\_\_



F.I.T.T.


factors





Acronym for:

the **4 ways** to  
achieve overload in a  
physical fitness  
program.



F.I.T.T.

Frequency

Intensity

Time

Type



# **F**requency



How often  
you exercise.



**Frequency** refers to

the number of times a week  
you engage in physical  
activity or exercise



For **Frequency** to be effective

Exercise must be performed on  
a regular basis.



**I**ntensity



How hard you  
exercise.






**Intensity** refers to the

difficulty or exertion level  
of your physical activity  
or exercise.



If the **intensity is too low**, progress is limited. If you **work too hard**, you fatigue quickly and increase your risk for injury.



**T**ime



How long  
you exercise.



**Time** refers to the length of time, or duration, of a single workout usually measured in minutes and hours.



As a teen, you should  
**be physically active  
on a daily basis.**



**T**ype



**Type** refers to the

particular type of physical  
activity or exercise

(component of fitness)

you choose to do.





# Principle of Progression



# Principle of Progression

is a rule of exercise which states that

as your fitness levels increase so do the factors in


F.I.T.T.

The bottom right portion of the slide features a decorative graphic of several concentric, light blue circles that resemble ripples on water, set against the solid blue background.


**As you work harder  
(overload), your body  
adapts to the workload.**



**You must progressively  
increase the amount of  
work you do for  
improvement to continue  
to occur.**



You want to slowly  
apply stress to the  
body by gradually  
increasing the  
workload.



# Principle of Specificity



**Principle of Specificity**  
states that  
overloading a particular  
component will lead to  
improvements in that  
component alone.

The background of the slide is a solid blue color. At the bottom, there are several faint, concentric circular ripples, resembling water droplets, in a lighter shade of blue.

Specific exercises that  
improve specific  
components of  
physical fitness in  
specific body parts.