

Fitness for Life

Chapter Five – Exercise, How Much is Enough? Homework Assignment

1. Define the Principle of Overload -

2. Define the Principle of Progression -

3. Define the Principle of Specificity -

4. Describe how you have applied one of the principles of exercise in your own life -

5. Identify and define the F in the FITT formula -

6. Identify and define the I in the FITT formula -

7. Identify and define the first T in the FITT formula -

8. Identify and define the second T in the FITT formula -
