



# FITT Principle

## Muscular Endurance

The ability of the muscles to perform physical tasks over a period of time without becoming fatigued

### Frequency

How often you do the activity each week

**3-6 times per week**



### Intensity

How hard you work at the activity per session

**20-55% of one rep max\***

### Time

How long you work out at each session?

**1-3 sets of 11 or more reps for each exercise  
(emphasis on number of reps)**

### Type

Which activities you select

**A physical activity where the muscles perform a task  
over a period of time with minimal fatigue  
(resistance training, yoga, Pilates)**

**\*One rep max (1RM) = The exertion that can be given by a muscle group when performing one repetition at a maximal level**

