



# **FITT Principle**

## **Muscular Strength**

The amount of force a muscle can exert

### **Frequency**

How often you do the activity each week

**2-4 times per week on non-consecutive days**

### **Intensity**

How hard you work at the activity per session

**Teens: 40-80% of one rep max\***

**Adults: 60-90% of one rep max\***

**(emphasis on weight)**

### **Time**

How long you work out at each session

**Teens: 1-2 sets of 8-11 reps for each exercise**

**Adults: 1-3 sets of 3-8 reps for each exercise**

### **Type**

Which activities you select

**Anaerobic activity where the muscles develop strength  
(free weights, resistance machines)**

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

