THREE BASIC COMPONENTS IN EXERCISE

CARDIO

Cardiovascular activity gets your heart pumping and can lessen your risk of heart disease, Type 2 diabetes and lung and colon cancers and the like.

EXAMPLES:

1. Jump Rope
2. Dancing
3. Organized Sports
4. Swimming
5. Power Walking
6. Boxing
7. Trampoline-ing
8. Cycling

RESISTANCE TRAINING

helps you break down muscle tissue and rebuild it into larger muscle mass. Why should you do this? lean muscle mass decreases as you age, and if you don't replace lost muscle, the muscle will get replaced with fat.

EXAMPLES:

1. Squats
2. Lunges
3. Deadlifts
4. Chin Ups / Pull Ups
5. Lat Pulldown
6. Bent over Row
7. Push Ups
8. Bench Press

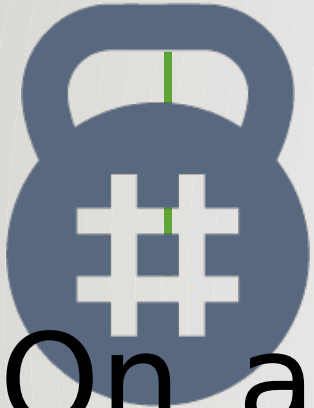
FLEXIBILITY

a well-stretched muscle allows you full of range of motion, can improve overall athletic performance, decreases your risk of workout injury and makes daily activities easier, such as bending, reaching and picking up objects.

EXAMPLES:

1. Standing Quad Stretch
2. Seated Hamstring Stretch
3. Shoulder Stretch
4. The Forward Hang
5. Standing Side Stretch
6. Standing Calf Stretch
7. Back Stretch

What is the significance of learning this in to our life?



#FITNESSGOALS

On a scale of 1-10 (10 as the highest), how fit do you see yourself?

Why?


SETTING
FITT GOALS

FITT GOALS

F	FREQUENCY	How often the exercise will be performed.
I	INTENSITY	How difficult the activity or exercise will be.
T	TIME	How long or the duration of the exercise.
T	TYPE	The kind of exercise will be engaged in.

FITT goals vary per individual.

The best way is to first know your **LIMITS** of what you can do per type of activity.

From there, one can set targets or goals.


THREE
PRINCIPLES
OF TRAINING

What are the 3 Principles of Training?

#OVERLOAD PRINCIPLE

This principle relies on the premises that to improve, the muscle must produce work at a level that is higher than its regular workload.

#OVERLOAD PRINCIPLE

With the need to cope with the new level of work, the body adjusts accordingly.

#OVERLOAD PRINCIPLE

#PROGRESSIVE PRINCIPLE

#PROGRESSIVE PRINCIPLE

For a program to achieve more gains, it must be progressive.

#PROGRESSIVE PRINCIPLE

As the body adapts to the initial overload, the overload must be adjusted & increased gradually.

#SPECIFICITY PRINCIPLE

#SPECIFICITY PRINCIPLE

This principle states that each form of activity would produce different results.

If one has specific gains in mind, one must plan and execute activities that would target specific goals.

#SPECIFICITY PRINCIPLE

SPECIFICITY PRINCIPLE EXAMPLES	
WEIGHT CONTROL	Jogging & Running Exercises
STRENGTH	Body weight Exercises
FLEXIBILITY	Stretching Program

Additional Principles?

EFFECTIVE TRAINING takes **TIME & PATIENCE**


SET GOAL
MAKE PLAN
GET TO WORK
STICK TO IT
REACH GOAL

#Personal Safety Protocol

Exercise and physical activity is good for the health, but anything in excess or executed improperly in bad.

ACTIVITY 5: Create your personal F.I.T.T goals according to your fitness level. Let this template guide you in the activity that you need to do.

	Aerobic	Flexibility	Muscular Endurance	Muscular Strength	Body Composition
F	• 3-5 times / week	• Daily • Warm-up • Cool down	• Daily for some muscle groups • 3-4 times / week	• 3 times / week • Different muscle groups	• Daily exercising • Follow Canada's Food Guide
I	• 60-90% of max. heart rate	• Hold 15-30 seconds • Total body • 1-3 reps	• 15+ reps • ,50% max. weight • Body weight • 1-3 sets • 8-12 exercises	• 70-90% of 1-rep max. • 1-4 sets • 8-12 reps • 8-12 exercises	• Light to moderate
T	• 15-60 minutes of continuous activity • Progressive	• 10-20 minutes	• 30-60 minutes • Progressive	• 15-60 minutes • Progressive	• 30-60 minutes • Progressive
T	• Large muscle groups • Continual rhythmic • Running, cycling, swimming • Games	• static stretch • controlled dynamic stretch	• resistance training • body weight • circuit training	• resistance training	• aerobic activity • walking, running, cycling, swimming