

The Formula for Success

Now that you've assessed your current fitness levels and set a personal goal, it's time to create your fitness plan. Well-balanced, effective fitness plans follow the FITT formula. Four of the five components of fitness follow a FITT formula designed to bring about the best results—each is detailed below. Use the information in the charts to help you apply the FITT formula to your fitness plan.

The FITT Formula

- **Frequency**: refers to how often you need to exercise each week.
- **Intensity**: refers to how hard you exercise.
- **Time**: refers to how long you exercise.
- **Type**: refers to what kind of exercises you do.



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FITT Formulas

The FITT Formula for Cardiovascular Fitness

Frequency

3-7 times
per week

Intensity

Moderate

- Breathing is quicker, but you're not out of breath
- You should be able to carry a conversation

Vigorous

- Breathing should be deep and rapid
- You should struggle to say more than a few words before pausing to catch your breath

You can also gauge your intensity by computing your Target Heart Rate Zone (THRZ). To determine whether or not you are exercising in your zone, you need to find your pulse rate. If it is below your THRZ, then you need to work harder. If it is above your THRZ, then you need to slow down. See example below.

Time

20 minutes or more

**If you have not been active, start with less time and then work your way up.*

Type

Walking
Jogging
Cycling
Burpees
High Knees
Jumping Lunges

How To Find Your Target Heart Rate Zone (THRZ)

The target heart rate zone is the number of beats per minute that your heart should beat to be at a level of exercise that will strengthen your heart.

1. Determine your Maximum Heart Rate (MHR)

$$\text{MHR} = 220 - \text{age}$$

For example: For a 16 year old

$$220 - 16 = 204$$

204 is the MHR

2. Determine your Target Heart Rate Zone (THRZ)

$$\text{THRZ} = \text{MHR} \times 60\% - 80\% \text{ of your MHR}$$

For example: $204 \times .6 = 122$ $204 \times .8 = 163$

THRZ is 122-163 beats per minute

Therefore, this student should exercise so that their heart is beating between 122 and 163 beats per minute.

The FITT Formula for Flexibility Fitness

Frequency

3 or more
times per week

Intensity

Stretch each muscle group for 2-3 sets
Stretch to the point of slight discomfort, not pain!

Time

Hold each stretch
for 10-15 seconds

Type

Yoga
Quadriceps stretch
Leg swings
High knees
Arm circles

The Formula for Success

The FITT Formula for Muscular Fitness: Strength

Frequency

2-3 times per week

Be sure to schedule 1-2 rest days in between upper body workouts to allow muscles to recover.

Intensity

Determine how many repetitions to complete by following these steps:

1. Do as many repetitions of the exercise as possible
2. Divide that number by 2. This is the number of repetitions you will do for one set of each exercise. See example below.

Time

Work up to completing 3 sets of each exercise. When it becomes easy for you to do 3 sets, increase the number of repetitions.

Type

Push-ups
Pull-ups
Chair dips
Bicep curls
Bench press
Shoulder press

How To Determine the Number Of Repetitions

1. Do as many reps of the exercise as possible

Example: 10 reps

2. Divide that number by 2.

Example $10/2 = 5$

This student should complete 5 repetitions on each of their 1-3 sets.

The FITT Formula for Muscular Fitness: Endurance

Frequency

2-3 times per week

Be sure to schedule 1-2 rest days in between core workouts to allow muscles to recover.

Intensity

Determine how many repetitions to complete by following these steps:

1. Do as many repetitions of the exercise as possible
2. Divide that number by 2. This is the number of repetitions you will do for one set of each exercise.

Time

Work up to completing 3 sets of each exercise.

When it becomes easy for you to do 3 sets, increase the number of repetitions.

Type

Curl-ups
Oblique twist
Back extension
Plank
Glute bridge
Bicycle crunches