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FITT Principles Chart Fitness And/or Health Benefit Variables F Frequency I Intensity T Time T Type Cardiovascular Endurance (aerobic) • 3 To 5 Times Per

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Activity By fi Lling In Your Log. 2. Before The Second Week Begins, You Should Set A Goal That Would Increase One Training Area. For Example, Decide To: Increase The FREQUENCY By One Day A Week, Increase The INTENSITY Of Your Activity One Day A Week, Or Total TIME Of Mar 21th, 2024

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