

Fitness Training

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Introduction

- 4 key elements to fitness
- Goal Setting
- 7 Steps

4 Key Elements

- Progressive Resistance
- Cardiovascular Training
- Flexibility
- Nutrition
- Benefits: youth, shape, metabolism, injury prevention
- Key: anything is better than nothing

3 Basic Principles

- Frequency
- Intensity
- Duration
- Factors to consider: recovery of muscles, Splits, intensity vs. volume, muscular threshold, cycling

Fundamental 1

- **Recovery of muscles**
- Splits
- Intensity vs.. volume
- Muscular threshold
- Cycling

Fundamental 2

- Recovery of muscles
- **Splits**
- Intensity vs. volume
- Muscular threshold
- Cycling

Fundamental 3

- Recovery of muscles
- Splits
- **Intensity vs. volume**
- Muscular threshold
- Cycling

Fundamental 4

- Recovery of muscles
- Splits
- Intensity vs. volume
- **Muscular threshold**
- Cycling

Fundamental 5

- Recovery of muscles
- Splits
- Intensity vs. volume
- Muscular threshold
- **Cycling**

Flexibility

- Benefits
- Types: static, ballistic, PNF
- Frequency
- Intensity
- Duration