

Cardio Fitness Assignment

PE Grade: _____

Name: _____

For six weeks in a row you will do cardio exercises a minimum of three times per week. Track your exercises in this booklet and hand it in at the start of the seventh week.

Start Date: Monday September 19th 2016

Due Date: Monday October 31st 2016

The F.I.T.T. Formula for Cardiorespiratory Training

- | | |
|-----------|---|
| F. | Frequency (ie. how often): 3-4 times per week |
| I. | Intensity (ie. how hard): you should be exercising so that you maintain your target heart rate for the full 20 minutes. To calculate <u>your personal</u> target heart rate enter your age into the following calculation:

$(220 - \text{_____}) - 70 = \text{_____}$

$(220 - \text{_____}) - 40 = \text{_____}$ |
| T. | Time (how long):
5-10min warm up and stretch
20-30min cardio
10-15min cool down and stretch |
| T. | Type: Aerobic exercises |

Warm-up 5 – 10 minutes

Before you begin a cardio exercise you must warm up your muscles.

To do this you can:

- jog on the spot
- dance to some up-beat music
- exercise cycle
- stair climb

This activity actually increases the temperature of the muscle, which makes the tissue more receptive to training effects! NEVER train without proper warm-up.

Stretching and Cool Down

After your exercise program you MUST follow up with 10-15minutes of stretching. It is very important to do the stretches correctly.

Ideas for Cardio Exercises

- Walking
- Bicycling
- Circuit weight training
- Aerobic dance
- Hiking and backpacking
- Jogging/running
- Speed walking
- Continuous rope jumping
- Sports
- Swimming
- Stairs
- Water aerobics

Date:	Resting Heart Rate:	Date:	Resting Heart Rate:
Length of Activity:	Target Heart Rate:	Length of Activity:	Target Heart Rate:
	Heart Rate During Activity:		Heart Rate During Activity:
Activity Description:		Activity Description:	

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