

Name \_\_\_\_\_  
Date \_\_\_\_\_

## Muscle Fitness

1. What is muscle fitness?
2. Why is muscle fitness important?
3. How can muscle fitness be improved?
4. List the FITT Formula (Frequency, Intensity, Time, Type) for both Muscular Strength and Endurance.

Muscular Strength

Muscular Endurance

Frequency

Intensity

Time

Type

5. What is the Principle of Overload?
6. What is the Principle of Progression?
7. What is the Principle of Specificity?