

## FITT FORMULA LEVELS

FITT LEVEL	BEGINNER	INTERMEDIATE	ADVANCED
FREQUENCY	2x/week	3-4x/week	3-4x/week
INTENSITY: WEIGHT	Light	Medium	Heavy
INTENSITY: REPETITIONS	15-18 reps	12-15 reps	8-12 reps
INTENSITY: SETS	1 set	2 sets	2-3sets
TIME	15-20 minutes	20-45 minutes	45-60 minutes
TYPE	Light toning	Strengthening	Strength, power