**CARDIOVASCULAR FITNESS**

1. What does FITT stand for? Identify what each letter stands for.

(8 Points)

1. Now explain what each letter represents when prescribing a cardio fitness exercise program to me. Do not just write the term down, give me a brief explanation.

|  |  |
| --- | --- |
| **F** |  |
| **I** |  |
| **T** |  |
| **T** |  |

(12 Points)