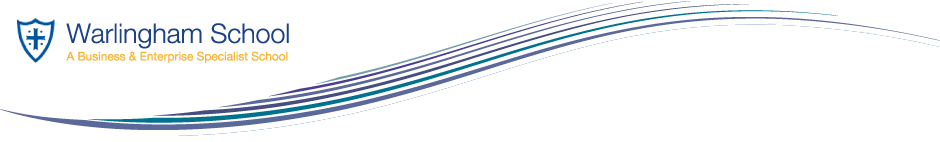
[](http://www.warlinghamschool.co.uk/)

**GCSE Homework**

**Scenario**

Using the Fitness programme below describe where the principles of Fitness Training and FITT have been applied and how it will affect their progress.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Day 1 | bike hamstrings | normal bike | treadmill | Day 2 | cross trainer | rowing machine | shoulder press | lat pul down | chest press | seated leg press | Day 3 | press ups | burpees | skipping |
| Week 1 |  | 10 mins | 5 mins | 30 mins |  | 0.6 | 2mins | 25kg 1 sets of 10 | 35kg 2 set of 10 | 50kg 1 set of 21 | 50 leg press |  | 210 | 100 | 10mins |
| Week 2 |  | 15 mins | 13 mins | 50 mins |  | 1.3 | 15 mins | 50kg 1 set of 20 | 70kg 1 set of 30 | 55kg 1 set of 20 | 100 leg press |  | 245 | 125 | 13mins |
| Week 3 |  | 20 mins | 21 mins | 70 mins |  | 1.4 | 20 mins | 65 kg 1 set 20 | 70kg 1 set of 35 | 55kg 1 set of 22 | 150 leg press |  | 270 | 150 | 18mins |

Due Date: