

**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.

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|   | 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: