


PRINCIPLES OF EXERCISE

Overload

- 
- *Intensity*
 - *Frequency*
 - *Duration*



Training must be raised to a higher level than normal to create the extra demands to which your body will adapt.

Specificity

Training must be specific to the sport or activity, the type of fitness required and the particular muscle groups.



Progression

As your body adapts to training, you progress to a new level of fitness. To then take this to the "next level", a gradual increase in intensity is needed to create an overload.



Reversibility

The effects of training are reversible. If exercise is reduced in intensity or even stopped, the benefit can be lost quickly.



Adaptation

With continued practice, your body will eventually turn a new sport, activity or movement skill into second nature.



Individual Differences

Each person has a different response to an exercise or training program and each person needs to exercise and train accordingly.



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