


# 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.



# Scientific Principles And Practices Of Health Related Fitness

**Jin-Ying Zhang**



## **Scientific Principles And Practices Of Health Related Fitness:**

## **Scientific Principles And Practices Of Health Related Fitness** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Scientific Principles And Practices Of Health Related Fitness**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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