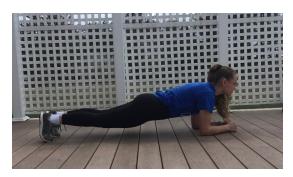
Fitness Component Examples

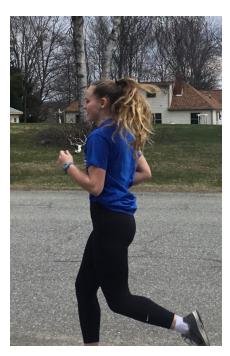


F:4 to 5 days a week

1:8

T: 5-7 repetitions of a set on DAREBEE workout

T: Muscular endurance



F:3 to 4 days a week(I'm try to run more now that it's getting nice again)

I: 8-9

T: 15-20 minutes routes

T: Cardiovascular Fitness