

PE Week 9

James Wayne P. Atkinson

Lithium

Component	Frequency	Intensity	Time	Type
Cardiovascular Endurance	Slowly increase the number of times you perform the exercises each day or each week	Slowly increase the rate or speed at which you do the exercise	Slowly increase the amount of time that you allot for each exercise	Perform different types of Cardiovascular Endurance exercises depending your needs
Muscular Strength	Slowly increase the number of times you perform the exercises each day or each week	Slowly increase the number of repetitions for each exercise	Slowly increase the number of sets for each exercise that you do or slowly increase the amount of time your exercise sessions last	Do various exercises that either focus on a certain muscle group or different muscle groups
Flexibility	Slowly increase the number of times you perform the exercises each day or each week	Slowly stretch your body more and more during each exercise session	Slowly increase the amount of time that you spend doing each exercise	Do various exercises that develops the certain kinds of flexibility that you want to develop
Power	Slowly increase the number of times you perform the exercises each day or each week	Slowly increase the weight of the weights that you're throwing or jumping with	Slowly increase the number of times you do these exercises	Do different power exercises that focus on different the parts of your body that you want to develop
Muscular Endurance	Slowly increase the number of times you perform the exercises each day or each week	Slowly increase the number of repetitions for each exercise	Slowly increase the number of sets for each exercise that you do	Execute different exercises that develop different muscle groups