

**Principles of Training (5)**

List & Define


**Methods of Training (6)**

List & Define


**Methods and Components**

<b><u>Components</u></b>	<b><u>Methods</u></b>
Cardiovascular Fitness	
Power	
Muscular strength and Endurance	

***Methods and Principles of Fitness Revision Sheet***

**Questions**

**Why do we need rest and recovery?**

**List 3 fitness classes?**

**How do you work out your aerobic training zone?**