**Design an Exercise Program**

**Work with 1 other person**

**Using the cue from Coach Milam, design an 8 week exercise program appropriate for the cue.**

**Make sure to implement the Exercise Principles of:**

**Progression, Overload, and Specificity as well as the FITT factors. For each principle and FITT, provide a written explanation of how they were implemented.**

**The program needs to work towards 2 of the 5 health related fitness components including cardiorespiratory endurance. Choose 1 from the other 4 components: muscular strength, muscular endurance, flexibility, or body composition. Be specific with your exercises.**

**Explain how you implemented each of these principles:**

**PRINCIPLE OF PROGRESSION –**

**PRINCIPLE OF OVERLOAD –**

**PRINCIPLE OF SPECIFICITY –**

**FITT -**