

# FITT principles

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Preface with, “There are four major types of exercise. Cardio, strength, flexibility, and balance. We will do all of them in every class!”

Warm up - Ground

Cardiovascular: In self space

- Jumping jacks, running man jumping jacks, cheerleading jumping jacks
- Run in place lifting the knees high 25 times both right and left
- Run in place keeping knees together and kicking the butt with your heels 25 times

Verbal Self formative assessment

Place your hand on your heart to feel your heartbeat.

- How many beats can you feel in 60 seconds?
  - What kind of exercise did we just do? (answer: cardiovascular)
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Strength, balance and dynamic flexibility: Non-locomotor dance

- Plies in 1st position with shoulder rolls. 4 plies with shoulders rolling forward, 4 rolling backwards
- Plies in 2nd position with fingers on shoulders and elbows rounding in a circle. 4 plies with elbows circling forward, 4 circling backwards
- Tondué, degeje, battment en croix with right then left leg
- Parallel leg lunge arm circles. Front leg bends to right angle and straightens again with every arm circle. 3 arm circles forward and 3 backwards
- Lunge and place fingers on the floor on either side of your front foot. Straighten and bend front leg 3 times. Push down bent knee with same side hand, lift other hand to the sky and hold. Put high hand down on the ground by the front foot and twist torso to reach the other hand to the sky. Point back foot to place the back knee on the ground, then bend at the knee so the toes face the sky; squish the “thutt”! Option to grip the foot or ankle in hand.
- Shift hips backwards to straighten the front leg and kneel on the back knee. Hips stay square to the front leg for half split. Flex and point the foot in this position then, with a flexed foot and engaged quadriceps, rotate straight leg to turn out and in.
- Square hips splits while pressing the legs down to rise up in the torso. See if you can balance with no hands on the ground.
- Repeat from lunge arm circles on the Other side.

Verbal assessment

- What type(s) of exercise did we just do? (answer: Strength, balance and flexibility)
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#### Wrist and forearm warm up. (Plus Affective Domain)

- Straddle sit hand “flip flops” while arms raise up over head, down to your sides, back up and down center.
  - Wrist rolls like you are opening like a flower or giving to your friends, to the universe, to the earth. Reverse rolls like you are receiving all that you need from your friends, the universe and the earth. Reverse rolls again to always give more than you receive so that we all sparkle. Sparkle by opening and closing the hands repeatedly in all directions like you are flicking water off your fingertips.
  - Yoga tabletop position with a cat back and hands flat on the ground in front of you to stretch hands, fingers and forearms. First with fingers facing forward, then fingers facing backwards. Do hand push ups with fingers facing backwards. Then flip hands palm side up with fingers facing you to gently spread the hand and fingers for a top of the forearm stretch.
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#### Warm up - Air

- Pulling taffy. Hips stay facing “front” while you hang from straight arms encircling the body around anchored feet on the ground. Clockwise and counterclockwise directions 4-6 times each.

##### More Cues:

- Lift the spine and ears up!
- Fingers face inward and elbows forward for external rotation of the upper arm bones.
- Straight and bent arm hangs. Straight arms have the same external rotation as the pulling taffy. Bent arms are done with elbows and triceps connected to the back or latissimus dorsi.

##### More Cues:

- Lift the spine and ears up!
- Squish a grape between your shoulder blades to push the heart forward.
- Wrist lock inversions. Stand with the fabrics in front of your shoulders. Hug the fabrics, direct fingers back in between the fabrics and “tickle your armpits” then “snake the fingers out around fabrics and back up the the ceiling to grab the poles. Invert with the hips above shoulders, torso directly in between the arms. Change the shape of your legs without changing the arms and back orientation.

##### More Cues:

- Lift the spine and toes up!
- Maintain the arm and back connection.
- Engage core so there is no arch in the lower back like Low boat pose.

#### Verbal Self formative assessment:

- Where are your hips facing in all inverted shapes? (Cognitive Domain)

- Are you trying your best? (Affective Domain)

(continue warm up)

- Seated rows 10-15 times pressing “thutt” down into fabric keeping a hollow body to stay integrated from head to toe. Bend and straighten elbows only connecting the triceps to the back or latissimus dorsi with each row.
- Straddle back toe downs. Torso does not move in space, but pelvis tilts forward and back to move legs and toes upward and downward so the toes are down in front of the eyeballs.
- Straddle back lowers. Hands grip the fabric to lift the torso up out of straddle back position while straight legs lower towards the ground as far as possible, without the toes touching the ground, then lift straight legs back up to the inverted straddle back position.

Verbal Self formative assessment:

- Is there a lever action in the straddle back lowers task?

FITT principles

F stands for Frequency. How often do you attend class per week?

I stands for Intensity. How hard was your class today?

T stands for Time. How long was your class today?

T stands for Type. How many major types of exercise are there? (answer: 4)

Exit slip for recording Student post assessment

Name \_\_\_\_\_ Date \_\_\_\_\_

What types of exercise did we do today? (circle types below)

Cardiovascular    Strength    Balance    Flexibility    Lunges

FORT COLLINS  
**CIRCUS**  
CENTER

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