Exercise Intensity: What is it? Why is it important?

Part 1 of 3
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Part 1 of 3
Exercise Intensity Series

Part One: June 22nd @ 12 pm
Exercise Intensity:
What is it?
Why is it important?

Part Two: July 13 @ 12 pm
Heart Rate Training 101 & 201

Part Three: August 10th @ 12 pm
Purposeful Intensity
Intensity: What is it?

The measurable amount of a property - the degree or amount of strength, power, or force that something has.
F.I.T.T. = Frequency, Intensity, Time, & Type

**Frequency & Intensity**
- Frequency = How Often
- Intensity = How Hard

**Time & Type**
- Time = How long
- Type = Mode of exercise

Intensity/Duration Relationship:
- Inverse Relationship
- Lower intensity = longer duration
- Higher intensity = shorter duration
Frequency & Intensity

Frequency = How Often

Intensity = How Hard
*Time & Type*

Time = How long

Type = Mode of exercise

Intensity/Duration Relationship:
Inverse Relationship
lower intensity = longer duration
higher intensity = shorter duration
Components of Fitness

Cardio

Resistance Training

Flexibility
Cardiorespiratory

Intensity

Measurement(s):
Heart rate
Rate of perceived exertion (RPE)
Talk test

Recommendations:
150 minutes of moderate intensity/week OR 75 minutes of vigorous intensity/week

Moderate
50 - 75% max heart rate (Gray, Blue, & Green using MYZONE);
5 to 7 on RPE chart

Vigorous
75%+ max heart rate (Yellow & Red using MYZONE);
8 to 10 on RPE chart
Resistance Training

Intensity

Measurement: Load & Repetition Speed
(how much weight & how fast)

Recommendations:
Endurance: 12-15 repetition maximum;
  2 x 2 rep speed
Hypertrophy: 8-12 repetition maximum;
  2 x 2 or 2 x 1 rep speed
Strength: 4-6 repetition maximum;
  2 x 2 speed
Power: 1-6 reps of moderate weight;
  1 x 2 speed (explosive)
Flexibility

Intensity

Measurement:
Range of motion - Level of discomfort

Recommendation:
Static Stretching - end point of mild discomfort
(hold 60 seconds x 2 sets)
Dynamic Stretching - work from small to maximal range of motion
(8-10 reps; 20-30 seconds x 2 sets of small, moderate, and large)
DANCE BREAK
Intensity: Why is it important?

Important to create the changes we want to see in:
1. Fitness
2. Health
3. Weight Loss
4. Periodization/Variety
5. Planning/Goal Setting
Cardio

Fitness:
Aerobic Capacity
Lactate Threshold

Health:
Cardiac Output
Stroke Volume

Weight Loss:
Caloric Expenditure

*Treadmill-*
30 minutes @ 4 mph (50-60% MHR)
= 190 kcal
30 minutes @ 6 mph (60-75% MHR)
= 312 kcal
Resistance Training

Fitness:
Increased Endurance & Strength
Increased Lean Mass

Health:
Metabolism
Bone Density

Weight Loss:
Lean Mass
Caloric Expenditure
Intensity: Why is it important?

Important to create the changes we want to see in:
1. Fitness
2. Health
3. Weight Loss
4. Periodization/Variety
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Thank You! Questions?

Resistance Training

Fitness:
- Increased Endurance & Strength
- Increased Lean Mass

Health:
- Metabolism
- Bone Density

Weight Loss:
- Lean Mass
- Caloric Expenditure
Exercise Intensity: What is it? Why is it important?

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