

**My BenchFit Workout Level is** \_\_\_\_\_  
 Upper Body Free Weights: 1# 3# 5# 8# 10# 12# 15# 20# 25#  
 Lower Body Ankle Cuff Weights 1/2# 1# 2# 2.5# 5# 10# 15# 20#

**FITT FORMULA LEVELS**

FITT LEVEL	BEGINNER	INTERMEDIATE	ADVANCED
FREQUENCY	2 x / week	3 – 4 x / week	4 -5 x / week
INTENSITY: WEIGHT	Light	Medium	Heavy
INTENSITY: REPETITIONS	15 - 18 reps	12 – 15 reps	8 – 12 reps
INTENSITY: SETS	1 set	2 sets	3 + sets
TIME	15 – 20 minutes	20-45 minutes	45- 60 minutes
TYPE	Light toning	Strengthening	Strength, Power Endurance

**To Dial Up your Strength and Power:**

First build Increased Sets into your workout for several sessions.  
**INCREASE FROM 1 set to 2**

Once you have successfully performed 2 sets for several sessions,  
**INCREASE THE WEIGHT** so you feel fatigue after 10 to 12 Reps

Once you are comfortable with the new weight after several sessions,  
**alter the speed** of moving the weight, by focusing on slowly lowering the weight for the last five reps. And repeat the process of increasing reps before you add weight to your strength workout. **Play with sets and reps** to vary your routine, and build beyond the basics to gain power and endurance.

For safety and success, you must be able to maintain optimum Alignment, Breathing and Core muscle control as you challenge yourself with heavier weights.  
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