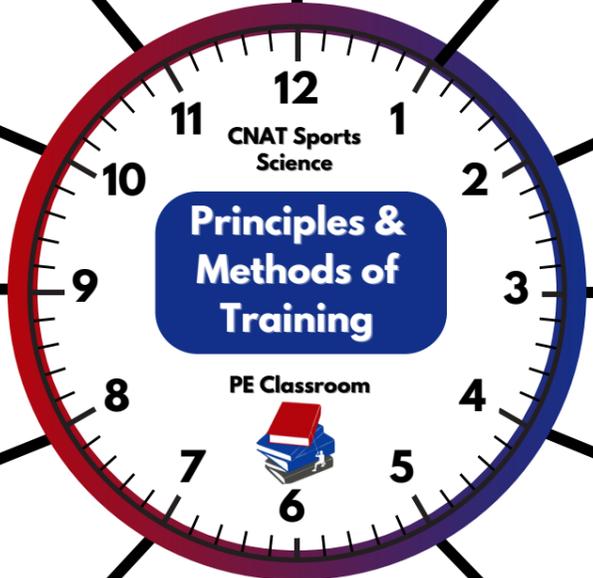


Aerobic Exercise

Anaerobic Exercise

SPOR Principle

FITT Principle



SMART Goals

HITT Training

Continuous Training

Weight/resistance Training

Fartlek Training

Interval Training

Circuit Training

Plyometrics