

Fitness Program Design  OVERVIEW	<b>PHOENIX FIRE DEPARTMENT HEALTH &amp; FITNESS</b>  M. P. 1-A05.01 08/1997-N Page 1 of 1
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## ESSENTIAL COMPONENTS

Whenever the design of a fitness program is considered, it is essential that four components always exist:

- Muscular
- Aerobic
- Flexibility
- Lifestyle approach

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## PERSONALIZED

The differences between individual fitness programs should only be in which component of the program the emphasis is placed. A long distance runner requires emphasis on cardiovascular fitness, but he needs to incorporate some of the other three components in his program to be successful. The same holds true for the power-lifter who places emphasis on the muscular component. To achieve total fitness, the other remaining factors must be addressed.