

# Module 4: Personal Fitness Plan

## Topic 1 Content: Overload, Progression, and Specificity Notes

### Introduction



The screenshot shows a digital interface for a fitness module. At the top, a green banner contains the title "Overload, Progression, and Specificity". Below this, a navigation bar has three numbered buttons: "1", "2", and "3". The "1" button is highlighted, and the word "Introduction" is displayed below it. The main content area contains the text: "When designing a personal fitness plan, you should include the principles of overload, progression, and specificity. In this interactivity, click **NEXT** to learn about the importance of these three principles." To the left of the text is a photograph of a person's hands writing on a "Workout Plan" clipboard. The clipboard is on a desk with blue dumbbells, a silver water bottle, and a blue resistance band nearby. The "whro EDUCATION" logo is in the bottom right corner of the interface.

When designing a personal fitness plan, should include the principles of overload, progression, and specificity. In this interactivity, click **NEXT** to learn about the importance of these three principles.

**Module 4: Personal Fitness Plan**  
**Topic 1 Content: Overload, Progression, and Specificity Notes**


**Overload**

*Overload, Progression, and Specificity*

1 2 3

**Overload**


In regards to exercise, to overload means to work your body more vigorously than you normally would. You want to push yourself when you work out. If your workout is easy, then you are not overloading, thus not getting maximum health benefits.



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**Progression**



*Overload, Progression, and Specificity*

1 2 3

### Progression

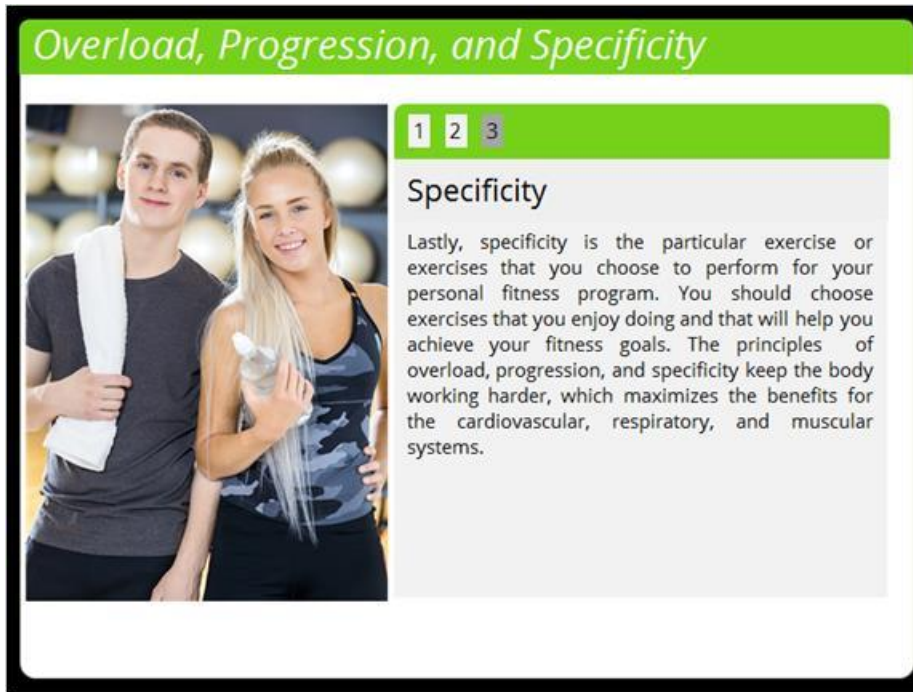
When you are exercising regularly, your overload will eventually become easier to you. The gradual increase in overload is called progression. Progression is necessary to achieve your fitness goals. Once your exercise routine becomes easier to complete, you should overload again.

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#### Specificity



*Overload, Progression, and Specificity*

1 2 3

#### Specificity

Lastly, specificity is the particular exercise or exercises that you choose to perform for your personal fitness program. You should choose exercises that you enjoy doing and that will help you achieve your fitness goals. The principles of overload, progression, and specificity keep the body working harder, which maximizes the benefits for the cardiovascular, respiratory, and muscular systems.

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