

# Muscular Strength and Endurance

## Muscular Strength and Muscular Endurance

**Muscular Strength**-is the maximum amount of force a muscle can produce in a single effort.

**Muscular Endurance**-is the ability of the muscle to continue to perform without fatigue.

1. What are the benefits of muscular strength and endurance?

1. Help you perform everyday tasks such as carrying school books, climbing stairs and lifting objects.
2. Help you maintain correct posture.
3. Reduce the risk of low back pain.
4. Reduce the risks of being injured
5. Help you enjoy physical activities without tiring.
6. Improve body composition by increasing muscle mass and decreasing fat tissue.
7. Improve self-image because your muscles are firm and your body is toned.
8. Keep bones dense and strong
9. Make the surfaces of joints less susceptible to injury.

2. How do I develop a conditioning program for muscular strength and endurance?

~Your plan should include resistance exercises where the force acts against the muscle. For example: use your own body weight, free weights or weights on a machine.

~**repetitions maximum**- maximum amount of resistance that can be moved a specified number of times.

~**Repetitions**- # of times an exercise is performed in one set.

~**set**- group of repetitions followed by a rest period.

~You build muscular endurance with less resistance and more repetitions.

~You build muscular strength by doing exercises only a few time.High weight low reps.

~**Weight training**- conditioning program in which free weights or weight machines provide resistance for muscles.

~**Isometric**- tightening abdominal muscles or using an immovable object to provide resistance.

~**Isoknetic and isotonic**- push-ups or sit-ups to strengthen muscles.

~**Free weight**- barbell or dumbbell

~**Weight Machine**- apparatus that provides resistance to a muscle or group of muscles.

3. How do I maintain muscular strength and endurance?

~You will improve rapidly during the first 4 to 6 weeks

~After 6 weeks you must re-evaluate your goals

~Continue to train 3 to 4 times a week to maintain goals.

# MUSCULAR STRENGTH

1. What is muscular strength?

~the maximum amount of force your muscles can exert in a single contraction. How much you can lift in one attempt.

## 2. Why is muscular strength important?

- ~you will have more energy
- ~you will be stronger and have toned muscles
- ~you will physically look better
- ~you will have more confidence and have a higher self-esteem.

## 3. What type of test did you take in class to measure your muscular strength? What should happen to your score on that test when your muscular strength increases?

- ~up downs on the bleachers
- ~your score should increase as your muscular strength increases.

## 4. In order to gain muscle inches, what type of workout should you do?

- ~strength training workout

# MUSCULAR ENDURANCE

## 1. WHAT IS MUSCULAR ENDURANCE?

- ~The length of time your muscles can continue to work before tiring. How long you can keep moving.

## 2. WHY IS MUSCULAR ENDURANCE IMPORTANT?

- ~You will feel better (muscles provide more energy)
- ~You will look better (defines and tones muscles)
- ~You will have more confidence (better self-esteem)
- ~You will be able to participate longer with less chance of injury. (more efficient muscles)

## 3. WHAT SHOULD HAPPEN TO YOUR ENERGY LEVEL AS YOU IMPROVE

# MUSCULAR ENDURANCE?

~You will be able to participate longer in fun activities before tiring.

**4. WHAT TEST DID WE DO IN CLASS THAT TESTED MUSCULAR ENDURANCE? WHAT SHOULD HAPPEN TO YOUR SCORE AS YOUR MUSCULAR ENDURANCE IMPROVES?**

~curl-ups

~You should be able to perform more curl-ups in one minute

**5. WHAT IS THE F.I.T.T. RECIPE FOR MUSCULAR ENDURANCE?**

F- FREQUENCY- 3-6 times a week

I- INTENSITY- light resistance

T-TIME- many repetitions

T- TYPE- resistance bands, light weights, push-ups, crunchies...