

# Fitness Focus

## Muscle Strength & Endurance Training

Training hard is not nearly as important as **training intelligently**. The keys to developing strength and/or endurance are **personalized training goals** and **personalized training procedures**. Consider the following steps to reach your strength and/or endurance potential:

1. Honestly **assess** your current level of strength and/or endurance
2. Set reasonable **goals**
3. **Learn** as much as possible about the principles, procedures, and variables that influence muscular strength and endurance development.
4. **Apply** that knowledge to design a program that is appropriate for you and **DO IT FAITHFULLY**.
5. Keep accurate **records** of your workouts and progress. This information will help you determine the strengths and weaknesses of your workout plan, make any needed adjustments, and set new personal goals.

### **Strength Training** (*for strength & size*) – **increase resistance & decrease repetitions**

1. 5RM-10RM of a resistant exercise is considered strength training.

**RM = repetition maximum**

A 5RM of push-ups means 5 is the maximum repetitions a person could do

A 7RM of push-ups means 7 is the maximum repetitions a person could do

A 10RM of 100-pounds on the bench press means 10 is the maximum repetitions a person could lift 100-pounds

A 8RM of 20-pounds on arm curls means 8 is the maximum repetitions a person could lift 20 pounds

2. One specific exercise/3 sets of 5RM-10RM/minimum three days a week/ will improve muscular strength. Adequate rest is needed between working a muscle or group of muscles. Try to avoid 3 consecutive strength training days for the same muscle or muscle group.

(Example) push-ups – set #1...10 reps.

rest...30-? seconds

set #2...9 reps.

rest...30-? seconds

set #3...8 reps.

### **Endurance Training** (*for strength & tone*) – **decrease resistance & increase repetitions**

11RM and above of a resistant exercise is considered endurance training.

One specific exercise/3 sets of 11RM or above/minimum of 3 days a week/will improve muscular endurance. Once again, adequate rest is needed and avoid consecutive training days for the same muscle or muscle group.

(Example) crunches – set#1...40 reps.

rest...30-60 seconds

set#2...36 reps.

rest...30-60 seconds

set#3 34 reps.

### **Training Techniques for Strength and Endurance**

1. Safely isolate muscle(s) to be exercised.
2. Use strict, controlled movement throughout the exercise. (especially endpoints of an exercise)
3. Breathe out on exertion.

**OVER**

### LESSON REVIEW

1. Describe the difference between the procedures of training for muscle strength and muscle endurance.
2. Describe the five steps suggested here if a person wants to reach their muscle strength and/or endurance potential.
3. Mr. Brickey's 10RM on the bench press is 200 pounds. What does that mean?

4. Describe the training techniques for strength and endurance.
5. Describe one strength or endurance exercise that you already do or would like to start doing. Write out a four-week plan for that one exercise based on the information given. (estimate if using weights for exercise)