

# Chapter 9 MUSCULAR FITNESS

Name \_\_\_\_\_

Period \_\_\_\_\_ Date \_\_\_\_\_

1. Define muscular strength.

\_\_\_\_\_  
\_\_\_\_\_

Example: \_\_\_\_\_

2. Define muscular endurance.

\_\_\_\_\_  
\_\_\_\_\_

Example: \_\_\_\_\_

3. The 2 types of exercises to promote muscular fitness we discuss are:

a. Isometric \_\_\_\_\_

b. Isotonic \_\_\_\_\_

5. Define repetition.

Completion of a \_\_\_\_\_ movement of the body part being exercised. (Example: 1 arm curl up and down)

6. Define set.

A \_\_\_\_\_ of repetitions. (Example: completing 10 reps on the arm curl)

**7. Complete the following strength training guidelines:**

- a. Should \_\_\_\_\_ with a \_\_\_\_\_ who can serve as your spotter.
- b. The \_\_\_\_\_ ensures the lifter to keep weights moving in a \_\_\_\_\_  
\_\_\_\_\_ and observe and point out \_\_\_\_\_ .
- c. Should \_\_\_\_\_ properly before training.
- d. \_\_\_\_\_ when pushing/pulling against resistance and \_\_\_\_\_ while lowering the weight.
- e. Go through complete \_\_\_\_\_ to increase flexibility.
- f. Exercise muscles on \_\_\_\_\_ of the joint to ensure \_\_\_\_\_.
- g. Lift weight with a \_\_\_\_\_ count and lower weight with a \_\_\_\_\_ count.

**8. List six (6) benefits of strength training.**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_

**TRAINING PRINCIPLES APPLIED TO MUSCULAR FITNESS**

**9. Principle of Overload**

**Discuss three factors that are needed to improve muscular fitness.**

- a. \_\_\_\_\_ the muscle making it \_\_\_\_\_ .
- b. \_\_\_\_\_ helps the muscle to grow.
- c. \_\_\_\_\_ is crucial to muscular fitness.

**Frequency (how often)**

Should be done at least \_\_\_\_ days per week.

**Intensity (how hard)**

Deals with the \_\_\_\_\_ of weight you lift. Increase must be gradual.

**Strength** – \_\_\_\_\_% what you can do one (1) time.

**Endurance** – \_\_\_\_\_% what you can do one (1) time.

**Time (how long)** – Number of times the \_\_\_\_\_ are performed.

**10. Principle of Progression**

a. Our body \_\_\_\_\_ to lifting the same stress (resistance). We

can/should increase that stress by:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

b. Reps – strength \_\_\_\_\_ reps per set

– endurance \_\_\_\_\_ reps per set

– our goal \_\_\_\_\_ reps per set

**11. Principle of Specificity**

You must overload the \_\_\_\_\_ you want to improve.

*Example:* (include exercises and muscles worked)

\_\_\_\_\_ - \_\_\_\_\_.

**12. Principle of Rest**

For muscles to fully recover from a muscular fitness workout, they need \_\_\_\_\_ hours

to recover or \_\_\_\_\_ day.

*Example:* If you lift on Tuesday, you should wait until Thursday to lift again.