

# 8<sup>th</sup> Muscular Strength and Endurance

5/11

## **Definitions**

*Muscular Strength*- the amount of force a muscle can exert during one contraction. (Push/Pull)

*Muscular Endurance*- the amount of time and repetitions a muscle can exert its strength.

## **Tests**

- Sit-up test is measure of abdominal strength/endurance.
- Push-up test is measure of pectoral, deltoid, and upper back strength/endurance.

## **To improve strength**

- Lifting heavy amounts of weight will be beneficial
- Train your upper and lower body about two to three times per week.
- Use the appropriate amount of weight to successfully perform three to five repetitions.

## **To Improve Endurance**

- Use a much lighter amount of weight for each exercise
- Train both your lower and upper body two to three times per week
- Use the necessary amount of weight so you can successfully perform 12-25 repetitions per exercise

## **To Improve Both**

- You should practice exerting both increased force and repetition in an organized program. (Ex- weight lifting/sit-ups/push-ups)

## **Benefits**

- Muscular strength and endurance can improve posture and prevent injury.
- This will increase the strength of the abdominal muscles, thereby reducing the risk of back injury
- Tendons and ligaments will also become stronger through weight training which will also reduce the risk of injury.
- Increase in lean muscle, and a lower amount of body fat

## **Function**

- When training muscular strength and endurance, you can be very sport specific
  - Ex: A power lifter will focus on muscular strength in training as this will benefit a power lifter to lift as much weight as possible.
  - Ex: An endurance athlete, such as a triathlete, will want to focus primarily on muscular endurance.

Muscular strength/endurance is important to a healthy lifestyle, looking good, and feeling good.

<http://www.livestrong.com/article/73949-muscular-endurance-training/>