

## Muscular Strength and Endurance—Activity 2

Name \_\_\_\_\_ Date \_\_\_\_\_ Class Period \_\_\_\_\_

# FITT Principle for Muscular Strength and Endurance

There are many considerations and variations for frequency, intensity, duration, and type when you consider muscular strength and endurance. Do you want to develop strength or muscular endurance? Do you want to use weights and machines, or do you want to use your own body weight, resistance bands, medicine balls, or other weighted equipment? How many reps or sets will you perform? Your personal goals will influence the FITT principle. **Figure 4.2** illustrates the different categories of the FITT principle.

<b>F</b>	Frequency of Exercise	How Often	Beginner	2–3 days per week Full-body workout of all 6 body areas 48–72 hours of rest in-between workouts	
			Intermediate to High	4–5 days per week; often perform split workouts (example: Monday and Thursday, work chest, shoulders, triceps, abdominals; Tuesday and Friday, work back, legs, biceps) 48–72 hours of rest in-between workouts	
<b>I</b>	Intensity of Exercise	How Hard	Beginner	60%–70% of maximum strength	
			Intermediate to High	70%–90% of maximum strength	
<b>T</b>	Time of Exercise	–How many reps –How many sets –How much time between sets	Beginner	1–3 Sets 8–12 repetitions	30 sec to 1 minute
			Intermediate to High	Endurance – 12–20+ Reps 2–3 Sets	30 sec to 1 minute
				Strength – 2–6 Reps 3–5 Sets	2 to 5 minutes
<b>T</b>	Type of Exercise	Which Exercises	Weight machines, free weights, resistance tubing, medicine ball, own body weight		

**Note:** Specificity Principle — you must work each muscle group to have strength gains in that particular part of the body.

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### Beginning Workout Activity

This will be a beginning and basic workout. The purpose of this activity is to see what happens to your heart rate in a muscular strength and endurance workout. You will perform two sets of resistance exercises for the six body areas, for eight to twelve repetitions. Find the correct weight or resistance. If the first rep or two is too easy, select a heavier weight. If it is too heavy, select a lighter weight. Try to gauge what weight you will be able to lift from eight to twelve times. Wait 30 seconds before performing the second set. You can make weight adjustments if needed. Record your heart rate at the end of each set.

Research studies show that exercise heart rates are often in the Target Heart Rate Zone during weight training. The heart rate is lowest when you begin each exercise and highest when you end each exercise set. The longer you rest between sets, the longer you allow your heart to recover and slow down. Your heart rate increases with each repetition during a set. If you are getting above the high end of your THR zone (approximately 185), you can reduce the number of repetitions or you can take more time between sets.

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- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. Warm-up and dynamic stretch</li> <li>2. Leg Press (legs, quadriceps)</li> <li>3. Leg Curl (legs, hamstring)</li> <li>4. Bench Press (chest)</li> <li>5. Bent-over row (back)</li> </ol> | <ol style="list-style-type: none"> <li>6. Military Press (shoulder)</li> <li>7. Abdominals machine or crunches</li> <li>8. Bicep Curl (upper arm, front)</li> <li>9. Triceps Extension (upper arm, back)</li> <li>10. Cool down and Stretch</li> </ol> |
|---|--|

Heart Rate	1	2	3	4	5	6	7	8	9	10
>190										
185										
180										
175										
170										
165										
160										
155										
150										
145										
140										
135										
130										
125										
120										
115										
110										
105										
100										
95										
90										
85										
80										
<75										
	Warm-up	Leg Press	Leg Curl	Bench Press	Bent-over row	Military Press	Abdominals	Bicep Curl	Triceps Extension	Cool-down
Weight Lifted										

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### Evaluation

1. Which resistance exercise generated the highest heart rate? Why?

\_\_\_\_\_

2. Which resistance exercise generated the lowest heart rate? Why?

\_\_\_\_\_

\_\_\_\_\_

3. Did any activities generate a heart rate over 145 BPM? Why or why not?

\_\_\_\_\_

\_\_\_\_\_

4. What kind of strength would you need to jump higher and faster in basketball?

\_\_\_\_\_

5. What kind of strength would you need to move your refrigerator?

\_\_\_\_\_

6. Give two examples where you might use muscular endurance.

\_\_\_\_\_

\_\_\_\_\_

7. What are the six muscle groups that need to be targeted in a workout?

\_\_\_\_\_

\_\_\_\_\_

8. How many times a week could you perform this workout?

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\_\_\_\_\_