**Muscular Strength and the FITT Principal**

This week we are going to concentrate on muscular Strength in our fitness plan**.**

**Muscular Strength:** is the ability of a muscle, or a group of muscles, to exert force for

a brief period of time.See all the examples below for muscular endurance and plan you workout using the FITT principle.

When engaging in resistance training, exercises must be performed to the point of

**fatigue** or **failure** (i.e., cannot complete one more repetition), regardless of whether one

is training for strength or for endurance. If it feels as if four more repetitions could have

been performed after the set is completed, then there was not enough overload.

**How do I know the difference in muscular strength or muscular endurance?**

Think about the amount of weight you are lifting and how many reps you are performing. Lighter weights and a bunch of reps (somewhere in the 15 to 20 range) …. that is endurance. Lifting heavier weight and only a few reps (around 5 to 8) …. that is strength.

***Let’s do some*** [***Strength* Training*:***](#_Strength_Training)

Full-body dumbbell exercises are a great way to work on strength training for your CORE, LOWER BODY and UPPER BODY. These dumbbell exercise posters below feature easy-to-follow instructions and will help you develop proper form. All 9 dumbbell exercises can be performed in the comfort of your own home. Don’t have access to dumbbells? I have listed common items you can find around your home for easy substitutions! You can also use your body weight as the resistance. See examples below.

**Dumbbell Substitutions:**

* Canned Goods
* Water Bottles
* Milk Jugs
* Laundry Detergent jugs









**Warm-up/Cool-down**

Students should always warm-up before beginning to exercise to prevent injury. An effective warm-up increases the muscle temperature. A warm-up should consist of light physical activity for 5 to 10 minutes of exercise, such as walking, slow jogging, knee lifts, arm circles, or trunk rotations. Low-intensity movements that simulate movements to be used in the activity can also be included in the warm-up. This increase in temperature improves circulation to the working muscles, increases muscle elasticity, and prepares tendons and ligaments for activity. The warmup should be long enough for students to begin to sweat. You should always do some light aerobic exercise (exercise which increases the heart rate and raises the breathing rate) before starting to workout. **Remember…. warm muscles work better.**

This week we want you to focus on muscular endurance. Fill in the boxes under **muscular strength** using the chart “A Balanced Fitness Program: What to consider”. See my example for help. We will plan a program for each component every week. Continue to fill in your exercise log.

**A Balanced Fitness Program: What to consider**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **F.I.T.T** | **Cardiovascular** **Endurance** | **Flexibility** | **Muscular Endurance** | **Muscular****Strength** | **Body****Composition** |
| **F****Frequency** | 3-5 days per week | Do every dayShould be a part of every warmup and cool down | 3-4 times per weekVary muscle groups  | 3 times per week | 5 -7 days per week |
| **I****Intensity** | Stay in your target zoneModerate- VigorousBegin in lower limit and increase gradually | Static stretches held for 15-30 secSlow and controlled | 15 or more reps/1-3 setsLess than 60% of predicted Maximum Rep | 8-10 Reps/1-3 Sets | Combination of intensities |
| **T****Type of** **activity** | Running, cycling, swimming, walking etc- Continuous activities that use large muscles | Static stretchesdynamic stretches | Medicine ballsResistance bandsFree weightsBody Weight | Medicine ballsResistance bandsFree weightsBody Weight | CardiovascularAnaerobicWeight Training |
| **T****Time** | At least 30 min of continuous exercise | About 10 minutes | About 30 Minutes | About 15 minutes | Depends on intensity |

Plan your muscular strength routine using the information above and the FITT principal. **Make sure you warm up first**. List your exercises below in your student activity sheet. You can find and list different exercises using the Web as well.

Good luck, stay healthy and Raider Strong!

**Student Activity Sheet Name:**

 **Date:**

**Planning Your Fitness Program**

**Use the chart below to outline your fitness program.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **F.I.T.T** | **Cardiovascular** **Endurance** | **Flexibility** | **Muscular Endurance** | **Muscular****Strength** | **Body****Composition** |
| **F****Frequency** | 5 times per weekRun – Tues, Thurs, Sat, SundayHike- Friday | Should be a part of every warmup and cool downEveryday | MondayWednesdayFriday | **Monday****Wednesday****Friday** |  |
| **I****Intensity** | Target Zone120-144 b/minRunVigorous intensityModerateHike | Static stretches held for 15-30 secSlow and controlled | 3 sets15 Reps or1 min | **2 sets****10 reps** |  |
| **T****Type of** **activity** | RunningWalkingHiking | List your static stretchesList your Dynamic Stretches | Pushups1 minuteCrunches1 minuteLeg raises1 minutePlank1 minuteBicep Curls15Tricep Extensions15Shoulder Raises15 reps | **Body Weight:****10 Pushups****10 Pull ups****10 Squats****10 Tricep dips****Dumbbells****10 Bicep curls****10 Reverse Fly****10 Front Raise** |  |
| **T****Time** | Running- 40-120 minWalking- 30 minHiking- 60 min | DoAbout 10 min a dayBefore and after workout | 30 minutes | **20 Minutes** |  |

**Let’s keep the Physical in Education and stay positive and Raider strong!**