

# **MUSCULAR STRENGTH & ENDURANCE STUDY GUIDE**

## **-Muscular Strength**

- **Ability of the muscle to exert force to overcome the most resistance in one effort**
- **More resistance, less reps**
  - **(ex. Bench press 250 lbs. for 1-10 reps, shot-put)**

## **-Muscular endurance**

- **Ability of the muscle to continue to perform without fatigue**
- **Less resistance, more reps**
  - **(ex. Bench press 40 lbs. 25-50 reps, lunges around the track)**

## **Examples**

**-When given a scenario, know if the example is for muscular strength or endurance:**

- **Matilda has been working to improve her back squat. Recently she has been doing three sets of five repetitions at 80% of the maximum weight she can lift.**
- **Nellie counts how many pushups she can do in 2 minutes without stopping/dropping**

**-Know how to increase muscular strength and muscular endurance (see definitions)**