

The Components of Physical Fitness

STRENGTH TRAINING



Definition: exercises that work specific muscles by resistance/repetitions, like lifting weights or own body weight.

Resistance training can be used for one or more of the following purposes—to::

Increase strength-the ability to exert force. 8-12reps/2-3sets/slow control/2-3min rest

Improve power-the ability to exert force in a short period of time. 4-8reps/3-6sets/fast/3-5min rest

Add lean body tissue-the hypertrophy of muscle to increase size. 6-20reps/3-5sets/slow/1-2min rest

Improve muscular endurance-the capacity of a muscle/group to keep contracting efficiently over extended period of time. 15-30reps/2-3sets/med/minimal rest

Resistance training regimes are different for each requirement, as listed above, but they can also be combined: