

## Personal Fitness Worksheet #2 – Muscular Fitness

(Revised Fall 2012)

Name: \_\_\_\_\_ Period: \_\_\_\_\_ Date: \_\_\_\_\_

Muscular Fitness is an individual's combination of muscular strength, muscular endurance, and flexibility.

1. Define Muscular Strength: \_\_\_\_\_

\_\_\_\_\_

2. Define Muscular Endurance: \_\_\_\_\_

\_\_\_\_\_

3. List some benefits of Muscular Fitness:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. What is meant by "Law of Use"?

\_\_\_\_\_

The increase in size of a muscle due to physical activity is called: \_\_\_\_\_

The decrease in size of a muscle due to physical *inactivity* is called: \_\_\_\_\_

5. Fill in the spaces below to describe what happens to a muscle during each of the 3 basis muscle actions:

Concentric – muscle \_\_\_\_\_. (Force is greater than resistance)

Eccentric – muscle \_\_\_\_\_. (Force is less than resistance)

Isometric – muscle \_\_\_\_\_. (Force = resistance)

6. Why is it important to use good technique during strength training?

\_\_\_\_\_

7. What are some key points to use to ensure proper technique during strength training?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8. Define the Overload principle? \_\_\_\_\_

\_\_\_\_\_

9. Define the principle of Progression? \_\_\_\_\_

\_\_\_\_\_

10. Define the principle of Specificity? \_\_\_\_\_

\_\_\_\_\_

11. Based on your fitness goal(s), how much weight should you use? How many sets? How many repetitions?

\_\_\_\_\_

\_\_\_\_\_

12. What percentage of your 1 Rep Max should you use when calculating proper starting weight for the following?

Muscular Strength \_\_\_\_\_%                      Muscular Endurance \_\_\_\_\_%

13. How much rest and recovery is necessary to allow the muscles to get stronger?

\_\_\_\_\_

14. What are the advantages of being properly warmed-up before strength training?

\_\_\_\_\_

\_\_\_\_\_

15. Complete the following chart. Be specific with location of each muscle.

**MUSCLE GROUP:**

**LOCATION:**

**LIFTS:**

<b>Pectorals</b>		
<b>Latissimus Dorsi</b>		
<b>Deltoids</b>		
<b>Biceps</b>		
<b>Triceps</b>		
<b>Abdominals</b>		
<b>Quadriceps</b>		
<b>Hamstrings</b>		
<b>Gluteus Maximus</b>		
<b>Gastrocnemius (calf)</b>		

