

Muscular Strength

**** Muscular strength is the capacity of a muscle to exert force against a resistance. ****

FITT FORMULA

F requency:	3 to 4 times a week
I ntensity:	high resistance with few repetitions
T ime:	until fatigue
T ype:	isotonic (slow controlled movements)

Muscular Strength Facts

- You CANNOT grow more muscles... but you can certainly change the shape, tone and size of the ones you have!
- A muscle MUST be overloaded to be strengthened.
- A reasonable starting point for muscular strength is a resistance of about 80% of the MAXIMUM weight you can lift at ONE TIME. 3-9 repetitions of this weight through 3-5 sets will be effective for muscular strength benefits.
- The final repetition in each set should result in COMPLETE muscle fatigue.



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