



# FITNESS HOMEWORK: Muscular Strength Workout

## What is Muscular Strength?

### Definition: Muscle Strength

Muscular strength is defined as the maximum amount of force that a muscle can exert against some form of resistance in a single effort.

This is in contrast to muscular endurance, which represents multiple muscle contractions or a sustained muscle contraction over a period of time, for example during running, climbing or performing multiple reps with a dumbbell at the gym.

Practically speaking, you use muscular strength when you lift yourself out of a chair, pick up a heavy object, or push a piece of furniture. In the gym, a single repetition at a given weight is an example of muscular strength.

### Difference between Muscular Strength and Muscular Endurance

Muscular endurance and strength are related, since endurance requires a certain amount of baseline strength in order to maintain continuous tension or perform repetitive contractions against resistance.

Likewise, some increases in strength may occur as endurance improves. However, the primary difference between muscular strength and endurance is that muscular strength is expressed as the maximum amount of force that a muscle can generate in a single contraction, while muscular endurance is a measure of how many times you can move a given weight before fatiguing.

### How Is Muscular Strength Measured?

Muscular strength is typically measured using what's known as a One Rep Max (1RM). Your 1RM is the maximum amount of weight that a given muscle can move for one complete repetition. So, for example, to measure the muscular strength in your bicep, you would perform a single dumbbell bicep curl for one rep with an amount of weight that you can move for one complete contraction, and no more.

If you are used to performing multiple repetitions with a particular amount of weight, you may not know what your actual 1RM is. Also, there is a greater risk of injury associated with performing single repetition movements with a high-load, so testing your muscular strength with a 1RM can be dangerous.

## Assignment - Physical - 30 min. Muscular Strength Workout

What did you do (explain): \_\_\_\_\_

\_\_\_\_\_

Parent Signature: \_\_\_\_\_

1. What makes the workout a muscular strength workout?
2. How is Muscular Strength measured and why is this important to know?
3. What is the difference between a muscular strength exercise and a muscular endurance exercise?