

# MUSCULAR STRENGTH FITNESS

## How do you get stronger?

**You get stronger by using the F.I.T.T. principles of training!**

**F** = Frequency How often you train!

**I** = Intensity How hard you train!

**T** = Time How long you train!

**T** = Type What kind of exercises you use in your training!

## 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.

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.

# 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.

# Testing for Muscular Strength

Push-ups are one component of most fitness tests and the only way to improve scores is to use activities to improve upper body strength. The purpose of this activity is for students to improve upper body strength (push-ups). Can be used as part of a strength warm-up or as a fitness station.

<https://www.youtube.com/watch?v=KlcU-Qaf0Bg>

# Proper form used during Push – Up Test



STARTING POSITION (UP)



DOWN POSITION (2 VIEWS)

# PUSH – UP TEST: Male / Female Chart

MEN	teens	20's	30's	40's	50's	60's
Excellent	50+	47+	40+	35+	30+	29+
Good	41 - 48	37 - 44	31 - 38	26 - 32	22 - 28	20 - 27
Average	38 - 40	34 - 36	28 - 30	24 - 25	19 - 21	17 - 19
Below Avg	31 - 37	26 - 33	21 - 27	17 - 23	12 - 18	10 - 16
Poor	below 31	below 26	below 21	below 17	below 12	below 10

WOMEN	teens	20's	30's	40's	50's	60's
Excellent	42+	37+	30+	26+	21+	20+
Good	32 - 39	28 - 35	22 - 27	18 - 23	14 - 19	13 - 18
Average	29 - 31	25 - 27	19 - 21	15 - 17	11 - 13	10 - 12
Below Avg	20 - 27	17 - 24	12 - 18	8 - 14	5 - 11	4 - 9
Poor	below 20	below 17	below 12	below 8	below 5	below 4