

MUSCULAR ENDURANCE FITNESS

All aspects of fitness uses the FITT Method

You improve total fitness 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 Endurance?

What is the difference between Muscular Strength and Muscular Endurance?

It is a contrast to muscular strength, as muscular endurance represents multiple muscle contractions or a sustained muscle contraction over a period of time. Some examples include: during running, climbing or performing multiple reps with a dumbbell at the gym. Plus many other activities.

How Is Muscular Endurance Measured?

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

Testing for Muscular Endurance

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=uLA_9kx1AkY

CURL – UP TEST

CURL UP CUES

MUSCULAR STRENGTH AND ENDURANCE



Curl – Up test

1. Lie down
2. Knees bent
3. Feet anchored
4. **Curl up** until hands touch marked line

Each student will perform as many curl-ups as they can. A notification will be given on the first miss. The test will be completed after the second miss or the student reaches 75 repetitions.

CURL – UP TEST: Male / Female Chart

CURL-UP

- This test measures abdominal strength and endurance. Do as many curl-ups as you can.
- Lie down with knees bent, feet flat, and head touching paper on mat.
- Curl up until fingers go completely across the strip. Heels must stay on mat.
- Return to starting position. Head must touch paper each time.
- Stay with the cadence from the CD.
- Stop the test on the second incorrect curl-up. Record score.



Curl-Up: Standards for Healthy Fitness Zone®

Age	Boys (no. completed)	Girls (no. completed)
5	≥2	≥2
6	≥2	≥2
7	≥4	≥4
8	≥6	≥6
9	≥9	≥9
10	≥12	≥12
11	≥15	≥15
12	≥18	≥18
13	≥21	≥18
14	≥24	≥18
15	≥24	≥18
16	≥24	≥18
17	≥24	≥18
>17	≥24	≥18

© 2010 The Cooper Institute

FG FITNESSGRAM

PlayGO



HUMAN KINETICS

1-800-747-4457 • www.HumanKinetics.com or www.FitnessGram.net