



PERFORMANCE 101: What is Muscular Strength and Endurance? Is that the same as Muscular Ability?

Muscular ability is the capacity of your muscular system to exert force and to repeat/sustain force. Muscular strength is the ability to elicit maximal force while muscular endurance is the ability to elicit force repeatedly. Typically muscular endurance exercise is using body weight (like a pull up), while muscular strength training typically employs a resistance (machine, free weight, band). Together both types of training are called **Resistance Training**. It can be as simple as doing common movements to momentary muscular failure like a body weight squat. A workout should have all the major body parts worked (arms-bicep curls, legs-squats, chest-push ups, back-rows) done for 1 set for 10-15 reps or momentary failure. These exercises have been divided into two types (compound and isolation). Isolations exercises simply work one major muscle group (curls), while compound works more than one (squats).



PERFORMANCE 101: What is Resistance Training?

Muscular Training Aka Resistance Training

Resistance training is a form of physical activity that is designed to improve muscular fitness by exercising a muscle or a muscle group against external resistance.

External Resistance

Body weight

Free Weights - dumbbells and barbells

Strength Machines

Bands

Kettlebells

Weighted Balls

Variety is Key When Training

In physical therapy and fitness training currently there is no clear evidence that any particular form of resistance training is most effective for managing musculoskeletal condition. Use of variety is key to muscular training. Work all major muscle groups through primary motions. Typically training with moderate to heavier load to momentary muscular failure elicits the greatest training effects.