MUSCULAR ENDURANCE

Muscular Endurance

Muscular endurance is the ability of a muscle or group of muscles to perform repeated movements or to exert force against a resistance for a period of time. It is the component of muscular fitness that delays the onset of fatigue.

Push Ups

Sit Ups (Crunches)

Wall Sit

Bicycle Crunches

Leg Lifts

Plank

Jumping Jacks

Lunges

Squats

Pull Ups

Triceps Dips

Wall Push Ups

CORE ABILITY is a SPECIFIC FORM OF MUSCULAR ENDURANCE

Leg Lifts

Bicycle Crunches

Side Plankings

Leg Lifts

Side Plankings

MUSCULAR STRENGTH

Muscular Strength

Muscular strength is defined as the ability of a muscle or group of muscles to exert force against a resistance. Muscular strength is the component of muscular fitness that allows for the movement of heavy objects or the application of force against resistance. Muscular strength is related to muscular endurance and muscular power. Muscular strength is measured through the 1-rep max (1RM) test, which is the maximum amount of weight that can be moved through the full range of motion for one repetition. Muscular strength is a component of physical fitness and is important for performing daily activities and for sports.

Push Ups

Pull Ups

Triceps Dips

Wall Push Ups

Squats

Lunges

Jumping Jacks

Plank

Leg Lifts

Bicycle Crunches

Sit Ups (Crunches)

Wall Sit

**Side Plankings