

Muscle Fitness Power Point Worksheet

Name _____

Please complete the following questions as you review the power point on-line.

1. Why gives muscles the ability to work for long periods of time. _____
2. What type of training will improve muscular endurance? _____
3. If a person is using a light weight high rep routine they are using targeting muscular _____.
4. If a person is using a heavy weight low rep routine they are using targeting muscular _____.
5. What is meant by the term *hypertrophy*?
6. Explain the terms *reps* and *sets* used in designing a lifting program?
7. List the three types of muscles found in the human and where you would find them.
 - 1.
 - 2.
 - 3.
8. What are the three types of muscle fibers found in skeletal muscles and explain the differences in each.
 - 1.
 - 2.
 - 3.
9. The strength of a muscle depends of what factors?
10. What does FITT Stand for?

11. American College of Sports Medicine recommends that a person participate in physical activities at least _____.
12. Lifting 80 % of your one rep max would build
13. Lifting 40-60% of your one rep max would build
14. Lifting 70% of your one rep max would build
15. What is a one rep max?