**KIN 119- FITNESS COMPONENTS OF A WORKOUT PROGRAM**

* **Cardio respiratory Endurance-** Ability of heart and lungs to deliver oxygen to working muscles for sustained activity
* **Muscular Strength-** amount of force a muscle can produce with a single maximum effort
* **Muscular Endurance-** ability of a muscle to sustain a given level of muscle tension
* **Flexibility-** ability to move joints through their full range of motion
* **Body Composition-** amount of lean body tissue vs. body fat
* **Skill-Related Components of Fitness-** speed, power, agility, balance, coordination, and reaction time. Tends to be sport specific

**PHYSICAL EFFICIENCY (STRENGTH & ENDURANCE)**

**MUSCULAR FITNESS**   
Muscular fitness has two components: **muscular strength** and **muscular endurance.**  
**Muscular strength** is the greatest amount of force a muscle or muscle group can exert in a single effort.  
**Muscular endurance** is the ability of a muscle or muscle group to do repeated contractions against a less-than-maximum resistance for a given time.  
Although muscular endurance and strength are separate fitness components, they are closely related. Progressively working against resistance will produce gains in both of these components.

**(Muscular Strength= less reps, heavier weight. Muscular Endurance= more reps, lighter weight)**

**TERMS TO SUCCEED:**

**OVERLOAD**- a greater than normal stress or load on the body is required for training adaptation to take place.

**PROGRESSION**- When an overload is applied to a muscle, it adapts by becoming stronger and/or by improving its endurance.

**SPECIFICITY**- A resistance-training program should provide resistance to the specific muscle groups that need to be strengthened.

**REGULARITY**- Exercise must be done regularly to produce a training effect.

**RECOVERY**- Consecutive days of hard resistance training for the same muscle group can be detrimental. The muscles must be allowed sufficient recovery time to adapt. There should be at least a 48-hour recovery period between workouts for the same muscle groups.

**BALANCE**- When developing a strength training program, it is important to include exercises that work all the major muscle groups in both the upper and lower body.

**VARIETY**- A major challenge for all fitness training programs is maintaining enthusiasm and interest. Using different equipment, changing the exercises, and altering the volume and intensity are good ways to add variety, and they may also produce better results.

**How to Improve Muscular Strength & Endurance**

**To train muscular strength, use less reps and heavier weight.**

Example: 1-5 reps, 4-7 sets, 80-100%RPM Load

**To train muscular endurance, use more reps and lighter weight.**

Example: 12-60 reps, 2-5 sets, 40-80%RPM Load