Muscular Strength and Muscular Endurance

What are they? How are they different?
Muscular Strength - the ability of a muscle or muscles to push or pull with **total** force.

Muscular Endurance - the ability of a muscle or muscles to repeat a movement many times or hold a position without stopping to rest.

[Cooper Institute Muscular Strength and Endurance](#)

[Muscular Strength VS Muscular Endurance](#)
Why do I need Muscular Strength and Endurance?

Increasing Muscular Strength allows you to:
- lift, push or pull with more force
- benefits any athletic situation
- helps you change a tire
- open a door that is stuck
- open a pickle jar

Improving Muscular Endurance allows you to:
- increase your physical activity
- do more physical work because you can move faster and longer
HOW CAN I IMPROVE MY MUSCULAR STRENGTH AND MUSCULAR ENDURANCE?!

SO GLAD YOU ASKED!

Start by simply just MOVING!

Performing many repetitions of a strength-training activity while gradually adding to the resistance.

Choose to focus on specific muscles OR your entire body!

Start with body weight exercises and then you can add weight (resistance) in 1,254 ways.
Specifically...

To Improve Muscular Strength:

Perform exercises with high resistance and can only be performed for a short time. …Typically 8 or less repetitions.

To Improve Muscular Endurance:

REPETITION IS KEY!
Perform exercises with lighter resistance than muscular strength exercises
This allows you to perform more repetitions….typically 12 or more repetitions.

Muscular Strength VS Muscular Endurance
Flexibility

What is it??
A muscle's ability to move a joint through a full range of motion.

Benefits from Flexibility
Exercises:

1. Better posture and less stress.
2. Less back pain.
3. Increased range of motion.
4. Improved circulation.
Flexibility, why is it important?

As your body ages:

Muscles, tendons, ligaments will tend to stiffen and become less flexible.

Let’s say your shoulder muscle stiffens, it will hinder your ability to throw because your arm will not move through the entire motion.

Prevents post-exercise pain, decreases risk of injury, AND helps relieve emotional tension!
How to improve flexibility...

1) Warm-up before stretching.

2) **Do dynamic stretching:** includes motion and is meant to mimic and exaggerate the movements of actual exercise and daily motions.

3) **Static Stretching:** These are stretches done in a sitting or otherwise stationary position.
   a) stretch to a point of (slight) discomfort
   b) hold for 15 to 30 seconds