

Muscular Strength

Definition: Strength refers to a muscle's ability to generate force against physical objects.

In the fitness world, this typically refers to how much weight you can lift for different strength training exercises. The type of resistance can include dumbbells, barbells, resistance bands, machines, cables or your own body.

When lifting heavy weight, you increase strength, muscle size and connective tissues such as ligaments and tendons.

Example: Lifting as much as you possibly can one time.

Some Basic Activities:

Push up while adding weight to your back or inclining your feet.

Sit up while holding weight on your chest or increasing the incline.

Bench Press or Leg Press with the maximum weight you can lift.

- Add a short time constraint (15 to 20 Seconds).

Safety Concerns:

Always have someone spot you while doing maximum weight.

Always use correct form while lifting to minimize chance of injury.

Utilize safety equipment required for safe lifting.