

Name: _____

Block: _____

Date: ___/___/___

FITNESS HOMEWORK : Muscular Endurance Workout

Types of Muscular Endurance Activities

There are **three primary types of muscular endurance** and activities that require muscular endurance or can help enhance it:

Continuous Tension

These are activities that require the muscle to remain under tension for extended periods of time, including:

- Mountain/Wall climbing
- Tug-of-war
- Isometric contraction
- Weight training -
- Very slow contraction
- isolated exercises
- compound exercises without lock out

Repetitive Dynamic Contraction

This form of muscular endurance causes the muscle to repeat a contraction over time:

- Running
- Rowing
- Swimming
- Skating
- Biking
- Weight training
- high repetitions
- super sets with the same muscle

Prolonged Intense Contractions with Short Rest Periods

This is a hybrid form of muscular endurance, where the muscle is provided with short rest periods between bouts of longer-duration contractions:

- Football
- Handball
- Ice Hockey
- Weight training -
- multiple sets
- multiple exercises for the same muscle
- circuit training

Assignment – Physical – 30 min. Muscular Endurance workout of your choice.

Activity: _____

Parent Signature (Required): _____

I participated with my child: Yes _____ (.5 extra credit) No _____

1) What are some other muscular endurance workouts that are not on this list?

2) What are some of the muscular endurance activities that you feel are exciting for you?

3) What are the three types of muscular endurance activities and what is different about each one