

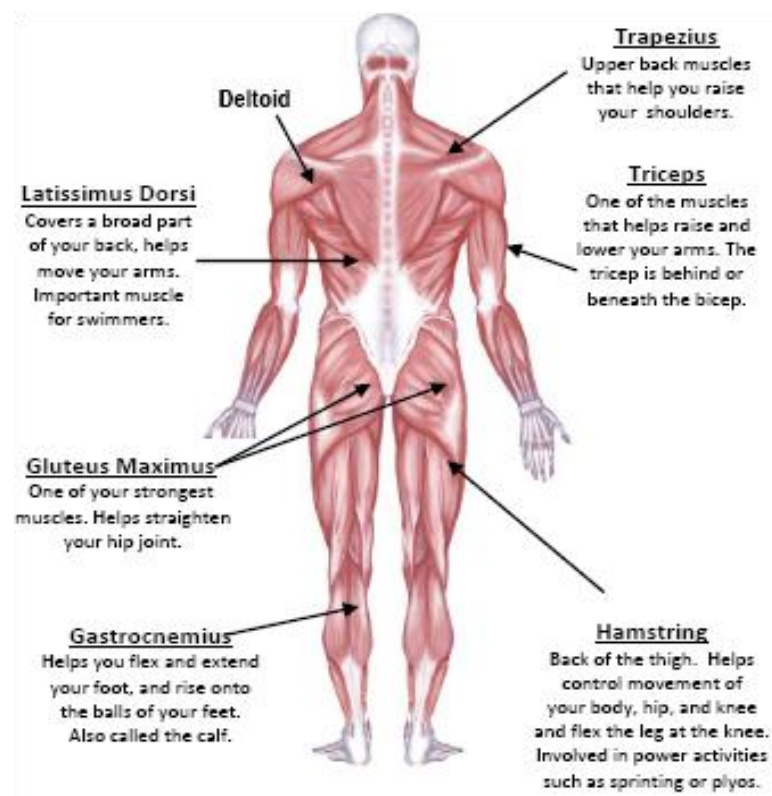
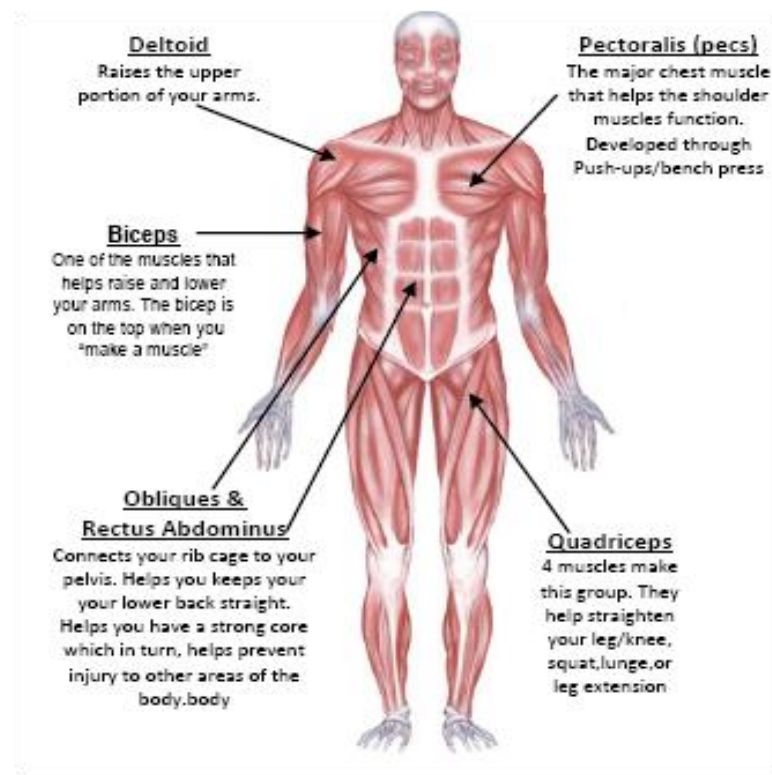
## Anatomy/Assessing Fitness Levels Study Guide

### Benefits of Muscular Endurance

- Muscular endurance exercise improves appearance, fitness, and physical and mental health.
- It allows you to carry out daily tasks.
- Muscular endurance training also increases your lean body mass and decreases fat.
- Muscular endurance developed through physical activity decreases heart rate, helps reduce the risks of cardiovascular disease.
- It is recommended to workout (strength training exercises) at least three days a week to improve muscular endurance.

### Muscles and Exercises

- Deltoid: Military press
- Pectorals: Push-ups, bench press
- Biceps: Bicep curls
- Obliques: Side planks
- Hamstring: Leg curl
- Trapezius: upright row
- Abdominals: Sit-ups, crunches
- Quadriceps: Leg extension
- Triceps: Dips, push-ups
- Latissimus dorsi: seated row, lat pull down
- Gluteus maximus: squat



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### Strength Training Program

How can you incorporate strength training into your workout?

This sample program includes strength training exercises for major muscle groups.

Warm-up 5–10 minutes	Strength training exercises for major muscle groups (8–10 exercises)		Cool-down 5–10 minutes
Start	<b>Sample program</b>		Stop
	<i>Exercise</i>	<i>Muscle group(s) developed</i>	
	Bench press	Chest, shoulders, triceps	
	Pull-ups	Lats, biceps	
	Shoulder press	Shoulders, trapezius, triceps	
	Upright rowing	Deltoids, trapezius	
	Biceps curls	Biceps	
	Lateral raises	Shoulders	
	Squats	Gluteals, quadriceps	
	Heel raises	Calves	
	Abdominal curls	Abdominals	
	Spine extensions	Low- and mid-back spine extensors	
	Side bridges	Obliques, quadratus lumborum	

- Fitness testing motivates and inspires a person to start, maintain, or increase physical exercise. The tests are most useful when you are following your individual progress by comparing new results to previous test results.
- Fitness tests are the cornerstone of personal training. It is not a competition. When a person knows his/her test result, it is easier to choose the right exercise program.
- Remember, there are many factors that can influence your performance on fitness tests. Examples: maturation, heredity, trainability, and body composition
- To get reliable data you must give high levels of effort and perform the test correctly. Consistency in testing is what provides reliable data.
- Regardless of your fitness levels, low or high, you are always in a position to improve.
- Getting to an acceptable level of total fitness and wellness is the first step. Maintaining fitness and wellness over the duration of your life is the goal.
- Ultimately, fitness testing is about you making a real world evaluation on your fitness levels at a time when a change in lifestyle can make a lasting impact on the rest of your life.

### Why should I assess my fitness levels with fitness testing?

- The main purpose of fitness testing is to collect information about your physical condition and identify what fitness range you are in. When you collect the test results it will be compared to the population norms which are the average values of people of the same age and gender. This will allow you to make an accurate reflection about your fitness level.