

## Muscular Strength vs Muscular Endurance

**Muscle strength** is the ability to exert a maximal amount of force for a short period of time. In the gym, that may be bench pressing a heavy barbell **5-8 repetitions**. Doing **less repetitions with more weight** will help you **increase your strength**.

**Muscle endurance** is the ability to do something over and over for an extended period of time without getting tired. In the gym, that may be doing 50 body weight squats in a row, moving to a rhythm. Doing **more repetitions with lighter weights** will help you **build up endurance**. **12-18 reps or until exhaustion**

## Slow Twitch vs Fast Twitch

**Slow Twitch= Long distance runners, more resistance training**

If you have more slow twitch fibers, you won't be able to run as fast at first, but can keep going for longer distances. **Slow twitch fibers burn fat**.

**Fast Twitch= Sprinters, more weight training**

If you have more fast twitch fibers, you can run fast for a short distance, and then become very tired. Fast twitch fibers are designed to **burn the stored sugar in your muscles: glycogen**. This is the fuel we use during the first 15 minutes of exercise, and it can **produce a lot of waste products, such as lactic acid**.

Exercises for muscle groups from exercise chart..