

## Guided Practice Activity 9-1

**Directions:** Answer the questions on the lines provided.

1. What is the best way to build and tone muscles? What may be involved in that?  
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2. What are some of the health benefits of resistance training?  
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3. What are the two measures of muscular strength?  
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4. Explain why, from a fitness standpoint, relative muscular strength is more important than absolute muscular strength.  
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5. What is the formula for calculating relative muscular strength?  
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6. What two numbers are needed to determine muscular endurance?  
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7. How does the overload principle apply to resistance training?  
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8. Once muscles have adjusted to the increased stress, what would you need to do to cause muscles to grow and become stronger?  
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9. Which forms of progressive resistance training are commonly utilized by athletes?  
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10. Which type of progressive resistance training usually uses low levels of resistance?  
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