

6th Grade Muscular Strength and Endurance Review Sheet

1. Be able to identify the following muscles and exercises that build those muscles:
 - Biceps
 - Triceps
 - Quadriceps
 - Hamstrings
2. Know the difference between Muscular Strength and Muscular Endurance
3. Know proper lifting and breathing techniques and back safety guidelines.
4. Be able to identify the benefits of weight training.
5. Know rules regarding use of the equipment in the fitness center.
6. Know these vocabulary terms:
 - Set
 - Repetition
 - Isometric contraction
 - Contraction
7. Know the F.I.T.T. Formula and how it connects to muscular strength and muscular endurance.