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Basic Principles of Weight Training

1. Noun _____
2. Plural Noun _____
3. Noun _____
4. Adjective _____
5. Plural Noun _____
6. Noun _____
7. Plural Noun _____
8. Plural Noun _____
9. Plural Noun _____
10. Plural Noun _____
11. Verb Ending In Ing _____
12. Number _____
13. Number _____
14. Plural Noun _____

Basic Principles of Weight Training

The basic principles of weight training are essentially identical to those of _____Noun_____training, and involve a manipulation of the number of reps, sets, _____Plural noun_____ exercise types and weight moved to cause desired increases in strength, endurance, size or shape. The specific combinations of reps, sets, exercises and weight depends upon the aims of the _____Noun_____performing the exercise; sets with _____Adjective_____Plural noun_____can be performed with heavier weights, but have a reduced impact on endurance.

In addition to the basic principles of _____Noun_____training, a further consideration added by weight training is the equipment used. Types of equipment include barbells, _____Plural noun_____ pulleys and stacks in the form of weight machines or the _____Plural noun_____own weight in the case of chin-ups and push-ups. Different types of _____Plural noun_____will give different types of _____Plural noun_____ and often the same absolute weight can have different relative weights depending on the type of equipment used. For example, _____Verb ending in ing_____ _____Number_____kilograms using a dumbbell requires significantly more force than moving _____Number_____ _____Plural noun_____on a weight stack due to the use of pulleys.

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