

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.