

# 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 \_\_\_\_\_<sup>Noun</sup> training, and involve a manipulation of the number of reps, sets, \_\_\_\_\_<sup>Plural noun</sup> 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 \_\_\_\_\_<sup>Noun</sup> performing the exercise; sets with \_\_\_\_\_<sup>Adjective</sup> \_\_\_\_\_<sup>Plural</sup> \_\_\_\_\_<sup>noun</sup> can be performed with heavier weights, but have a reduced impact on endurance.

In addition to the basic principles of \_\_\_\_\_<sup>Noun</sup> training, a further consideration added by weight training is the equipment used. Types of equipment include barbells, \_\_\_\_\_<sup>Plural noun</sup> pulleys and stacks in the form of weight machines or the \_\_\_\_\_<sup>Plural noun</sup> own weight in the case of chin-ups and push-ups. Different types of \_\_\_\_\_<sup>Plural noun</sup> will give different types of \_\_\_\_\_<sup>Plural noun</sup> and often the same absolute weight can have different relative weights depending on the type of equipment used. For example, \_\_\_\_\_<sup>Verb ending in ing</sup> \_\_\_\_\_<sup>Number</sup> kilograms using a dumbbell requires significantly more force than moving \_\_\_\_\_<sup>Number</sup> \_\_\_\_\_<sup>Plural noun</sup> on a weight stack due to the use of pulleys.