

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.