Muscular Strength and Muscular Endurance Tag

Explanation:
When training for muscular endurance, it is best to work with resistance that allows for performing more than eight repetitions. Strength gains are made, but as the number of repetitions is increased, less impact is made on strength and more impact is made on muscle endurance. Someone who is performing 20 repetitions of a bicep curl with a light load could not expect to see great changes in the area of strength. Someone struggling to do five repetitions with a heavy load would see bigger gains in strength than in muscular endurance.

Directions:
1. Choose two students to be taggers. One is muscular endurance and the other is muscular strength.
2. Give each of the taggers a foam ball.
3. Allow the other students to scatter about the playing area.
4. On the signal, the taggers try to tag the rest of the students. If the muscular endurance tagger tags someone, he/she would call out, “Endurance”.
5. The student tagged by the endurance tagger would then go to the side of the gym that was designated as the endurance side. He/she would then perform 20 dumbbell bicep curls, noting that he/she would be working on building muscular endurance.
6. A student tagged by the muscular strength tagger would move to the strength side of the gym, where he/she would try to perform bicep curls using enough stretch bands to make it impossible for him/her to complete more than eight repetitions.