

POWER STANDARD 2: I Can Train Myself and Others

METHODS TO INCREASE OVERLOAD

Name: Answer Key

Purpose: To gain a better understanding of the various methods to increase overload

The systems of the body become stronger and function better when increased demands (overload) are placed upon them. The principle of overload may be accomplished by increasing at least one of three variables: frequency, intensity, and time.

1. The letters *FIT* can help remind you of how overload may be increased. Match each word on the left to its meaning on the right, writing the letter of the correct answer in the space provided.

 b Frequency

a. How long you exercise

 c Intensity

b. How often you exercise

 a Time

c. How hard you exercise

2. Check whether each exercise relates to frequency, intensity, or amount of time the exercise is performed.

	Frequency	Intensity	Time
Stretching further		X	
Stretching more often	X		
Running faster		X	
Running farther		X	
Running 5 days per week instead of 3	X		X
Increasing number of sets		X	
Making the heart beat faster		X	
Increasing number of reps		X	
Increasing amount of weight lifted		X	
Increasing running pace		X	
Holding the stretch longer		X	
Lifting weights 3 days a week instead of 2	X		X
Playing 2 games of racquetball instead of 1	X		X