

POWER STANDARD 2: I Can Train Myself and Others

PRINCIPLES OF TRAINING

Name: Answer Key

Purpose: To gain a better understanding of training principles as they apply to the principle of overload-ing

Wanda has not had instruction on how to apply the principle of overload. For each statement listed here, check whether she should maintain, increase, or decrease overload.

	Maintain overload	Increase overload	Decrease overload
She jogs seven days a week.	X		
She was sick for two weeks and unable to exercise.			X
She experienced discomfort in her arms after adding 10 pounds (4.5 kg) to the barbell because her friend lifts this much.		X	
Her stomach is still protruding after performing two sit-ups once a week.		X	
Her leg muscles are tight the day after exercising. Warm-ups consist of two stretching exercises totaling 30 seconds.			X
She has been jogging for some time and is able to complete her 2-mile (3.2 km) jog in 15 minutes with ease.		X	
Her goal is to do three sets of 4 to 8 reps of half squats to increase leg strength. Presently she is able to do only 5 reps for each set.		X	