

POWER STANDARD 2: I Can Train Myself and Others

METHODS TO INCREASE OVERLOAD

Name: _____

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.

- 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.

___ Frequency	a. How long you exercise
___ Intensity	b. How often you exercise
___ Time	c. How hard you exercise
- Check whether each exercise relates to frequency, intensity, or amount of time the exercise is performed.

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