

Name: _____

Strength Program

This type of program is to further increase the amount of muscle tissue. Following an increase in muscle mass and ligament and tendon strength, a strength program will allow the muscle to become 'strong.' During this phase muscle fibers are trained to fire efficiently against heavy resistance.

- 2-3 weeks
- 3-5 sets/muscle group
 - 3-5 reps
- 2-3 minutes rest between each set

Design a strength program using the guidelines given. Items included in a quality program are as follows:

- **# of days lifting**
- **Muscle identified**
- **Amount of rest**
 - **# of sets**
- **# of repetitions**
- **Exercises performed**

The table attached is a guideline for program design, it is up to you to supply the material to create a productive and safe lifting program.