

Name: _____ Date: _____

Lionheart League 2

Physical Strength

What is physical strength?

- **Physical Strength** is the ability of muscles to exert force against resistance. In the context of the human body, it refers to the capacity to perform work and movement by generating force through muscular contractions.” gymaesthetics.com
- Watch and listen closely to this video. Both of the men in this video have extreme physical strength. Think about these questions as you watch the video:
 - How did they get to be so strong?
 - What did it take for them to become so strong?
 - What motivated them to work as hard as they worked and become so strong?

Why is physical strength important?

- *Health Benefits*
 - **Functional Fitness:** Strength supports daily activities like lifting, carrying, and protecting oneself or others.
 - **Injury Prevention:** Strong muscles reduce risk of injury.
 - **Metabolic Health:** Muscle improves metabolism, or the body's way of transforming food into energy to maintain body functions. It also regulates blood sugar (maintains correct levels of sugar in the blood) and decreases risk of heart disease.
 - **Quality of Life:** Research shows that muscle mass improves your quality of life.
- *Mental & Emotional Benefits*
 - Developing physical strength often **builds discipline and mental toughness**, which can transfer to other life areas.

TMT-True Mental Toughness (Great attitude, best effort, treating others well, & Gratitude, even when your circumstances are difficult).

- Building muscle **improves confidence** and **self esteem**.
- Working your body **reduces stress and anxiety**.

- *Cultural and Social Roles*

- **Protector:** Physical strength is important so you can protect your family & be a force for good in the world. Also, be a protector of the weak and vulnerable. For example, the military, police and fire rescue.
- **Social Respect:** Physical strength is often respected by other men.
- **Competitiveness/Sports:** Physical strength can improve your performance in sports and physical competitions, which is often significant for men.

IMPORTANT: Physical strength alone does not define a person's value or worth. The importance of physical strength varies from person to person. Some people prioritize intellectual, emotional, or spiritual development, just as much or more.

CHALLENGE

Strength Test-Strength Training

- Baseline Test
- Consistently workout at least 3 times weekly
- Winter & Spring Test

CHALLENGE- Strength Test

Consistently Follow a Workout Routine-Example Below

Sunday	Play outside, ride your bike, run, walk, or play a sport.
Monday	Play outside, ride your bike, run, walk, or play a sport.
Tuesday	<p>Push Ups: 3 sets x (increase # of push ups as your strength increases)</p> <p>Sit Ups: 3 sets x (increase # of sit ups as your strength increases)</p> <p>Air Squats: 3 sets x (increase # of air squats as your strength increases)</p> <p>Plank: 3 sets x (increase time as your strength increases)</p>
Wednesday	Play outside, ride your bike, run, walk, or play a sport.
Thursday	<p>Push Ups: 3 sets x (increase # of push ups as your strength increases)</p> <p>Sit Ups: 3 sets x (increase # of sit ups as your strength increases)</p> <p>Air Squats: 3 sets x (increase # of air squats as your strength increases)</p> <p>Plank: 3 sets x (increase time as your strength increases)</p>
Friday	Play outside, ride your bike, run, walk, or play a sport.
Saturday	<p>Push Ups: 3 sets x (increase # of push ups as your strength increases)</p> <p>Sit Ups: 3 sets x (increase # of sit ups as your strength increases)</p> <p>Air Squats: 3 sets x (increase # of air squats as your strength increases)</p> <p>Plank: 3 sets x (increase time as your strength increases)</p>

