# Activity sheet 9: Methods of training to improve muscular endurance

Activity sheet 9

*Learning aim A: Training to improve fitness for sport and activity*

*Learning aim A2: Methods of training for sport and activity*

When training for muscular endurance, some form of resistance should be used.

1. Describe what sort of load and reps should be used when training for muscular endurance.

1. Circuit training can be used to train muscular endurance.

Give examples of six circuit stations that could be used to train for muscular endurance.

1. Explain how you would position each station in the circuit, giving a reason for each placement. You could draw a plan for your circuit on a separate piece of paper or on the back to help.

1. Explain what is meant by core stability.

1. Give one example of a training method to train core stability.