

Muscular Strength &

Muscular Endurance

Home Circuit

Instructions: Cut out each exercise card. Use the chart below to place each exercise card on the correct item in your home. Complete the circuit 2 times. At the end of the circuit write down if the exercise was **muscular strength** or **muscular endurance**.

The ability of muscles to hold a position, or repeat a motion many times, without stopping to rest.
9+ repetitions.

The ability of muscles to push and pull with total force. 1-8 repetitions.

Location	Exercise	Muscular strength OR endurance?
Bed	Seated V (30 second hold)	
Kitchen sink	Dead bug toe touches (16 repetitions)	
Hallway wall	Wall sit (45 second hold)	
Lamp/light switch	Lunges (4 each leg)	
Desk	Side plank (15 second hold each side)	
Front door	Plank shoulder taps (28 repetitions)	
Window	Burpees (3 repetitions)	
Closet	Chair hold (20 second hold)	
Table	Spider push-ups (6 repetitions)	
Couch/chair	Squats (7 repetitions)	
Appliance	Standing T (15 second hold each side)	
Rug	Plank arm & leg lifts (8 repetitions)	



Seated V

Hold for 30
seconds



Dead Bug Toe Touches

16 repetitions



Wall-Sit

Hold for 45
seconds



Lunges

4 repetitions
on each leg



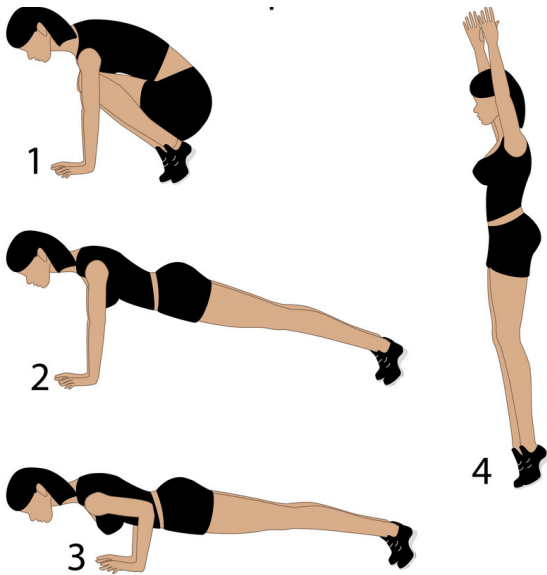
Side Plank

Hold for 15
seconds on
each side



Plank Shoulder Taps

28 repetitions



Burpees

3 repetitions



Chair Hold

Hold for 20
seconds



Spider Push- ups

6 repetitions



Squats

7 repetitions



Standing T

Hold for 15
seconds each
side



A

Plank arm & leg lifts



B

8 repetitions

SPOILER ALERT

Check this sheet to see how the exercises are categorized into **muscular strength** and **muscular endurance**.

MUSCULAR STRENGTH:

Muscles pushing or pulling with total force. 1-8 repetitions

- Spider push-ups
- Lunges
- Burpees
- Squats
- Plank arm & leg lifts



Because your body is **PUSHING** and **PULLING** and you completed 8 or **LESS** of each during the circuit.

MUSCULAR ENDURANCE:

Holding a position without stopping to rest. 8+ repetitions

- Seated V
- Wall sit
- Side Plank
- Chair Hold
- Standing T



Because you are **HOLDING A POSITION** without resting.

- Dead bug toe touches
- Plank shoulder taps



Because you completed many repetitions (9 or **MORE**) of each during the circuit.