Muscular endurance refers to the ability of a muscle or group of muscles to repeat a movement many times or maintain a specific position for an extended amount of time.

1. Both aerobic and anaerobic exercise can improve muscular endurance.

*endurance exercise alters the components of muscle cells, promoting the use of fat cells to provide energy*

2. Muscle endurance is specific to the exercise and muscle group worked.

*work through your joints entire range of motion to gain endurance for any work performed by that joint*

3. The number of repetitions for a maximum benefit differs based on the exerciser’s training experience.

*anywhere from 10-15 repetitions are beneficial for novice and intermediate lifters, but an advanced lifter may need 25 or more repetitions to benefit*