

FAQs:

Q1. What is the benefit of muscle hypertrophy?

Ans: It becomes capable of producing more strength.

Q2. Why Fast Twitch Muscle fibres can produce more force?

Ans: Because Fast Twitch Muscle fibres contract faster.

Q3. Enlist the best examples of Explosive Strength.

Ans: The best examples of explosive training are sprints, jumps, smashing in volleyball, hitting in hockey etc.

Q4. Write the measure to avoid injuries in strength training.

Ans: In order to avoid injuries, good warming up prior to strength training is of great significant.

Q5. Which method is best for developing maximum strength?

Ans: Pyramid method is best method for developing maximum strength.

Q6.What is meant by absolute strength?

Ans: The force values achieved through electrical stimulation are indicators of biological capacity of the neuro-muscular system for strength application.

Q7. What kind of strength Is required in weight lifting and throws?

Ans: In weight lifting and throws the strength required is a combination of maximum strength and the explosive strength.

Q8. Write the ultimate source for muscle contraction?

Ans: The ultimate source for muscle contraction is the rate and the amount of energy supply through chemical reactions taking place in the muscles .