

Name _____

Muscle Magic: Exploring Strength Training and Its Health Benefits

Open-Ended Response Answer Key

1. Responses may vary but could include stories of increased muscle strength, improved posture, enhanced mood, or better overall health due to strength training.
2. A balanced strength training routine could include exercises like squats, push-ups, rows, lunges, planks, and bicep curls to target major muscle groups.
3. Consistency in strength training is important as it allows individuals to gradually build strength, achieve fitness goals, and maintain overall health over time.
4. Strength training benefits individuals of different age groups by improving muscle strength, bone health, and overall well-being. For teenagers, it can aid in growth and development, while for older adults, it can enhance mobility and reduce the risk of falls.

