The body can be molded to fit the goals of a person. How can people meet their goals through different types of training?

Here are some differences between each training type. Find out which training fits your fitness goal!

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<th>Endurance</th>
<th>Hypertrophy</th>
<th>Strength</th>
<th>Power</th>
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<tr>
<td>Sets</td>
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<td>3-10</td>
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<td>3-5</td>
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<tr>
<td>Reps</td>
<td>12-15</td>
<td>8-12</td>
<td>4-6</td>
<td>4-7</td>
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<tr>
<td>Rest</td>
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<td>1-1.5 min</td>
<td>2-3 min</td>
<td>3+min</td>
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Endurance training is a goal common in runners, swimmers, and cyclists. According to ACSM guidelines enhancing endurance requires the following:

- Training 3-5 days a week
- 65-90% of maximum heart rate for fit individuals or 55-64% for unfit individuals
- 20-60 min of continuous or using intervals 30 for lower intensity and 20 for more intense.
- Less fit individuals can "accumulate" exercise bouts throughout the day as long as each bout lasts at least 10 minutes.
- Use large muscle groups

Examples are walking-hiking, running-jogging, cycling/bicycling, cross-country skiing, aerobic dance/group exercise, rope skipping, rowing, stair climbing, swimming, skating.
Hypertrophy is increasing muscle size. Key element for hypertrophy is to train to exhaustion after the total number of sets, not reps.

Use 70-80% load - choose a range that can be performed at least 6 repetitions. Changing the load when those 6 reps begin to become easier.

Split routine - Focus on one body part each day in order to train each muscle group at least once or twice a week.

One of the most important aspects of weight training is balance. (If you work your chest, you should also work your back). Be sure to work opposing muscle groups equally.

Key for success is to pick a category to start out in; beginner, intermediate, or advanced. This will avoid over training or getting frustrated.
Overload - A muscle will only strengthen if it is put under stresses that makes it fatigued. Can be done by increasing weight, number of reps, sets, or intensity.

Progression - Goes hand-in-hand with overload. Since muscles adapt to a workout after a period of time, as the exercise gets easier, maintain the same overload principle.

Specificity - Use higher weights that are closer to your 1RM

Arrangement - Incorporate a warm-up, stretch, workout, and cool down.

Breathing - Exhale through the mouth as you lift against the resistance

Caution: Always give the body time to adapt and recover to avoid overtraining. Alternate muscle groups each day giving a day or two of rest for that group.
Power training is popular for athletes in their specific sport. The key is short duration, high intensity with around 3-5 sets and 4-5 repetitions per set.

Quality and speed of each lift is the most important factor rather than sets performed to exhaustion. Rest intervals are also kept high for this reason.

For a single load effort use 80-90% of your 1RM for 1-2 repetitions.
For a multiple load effort use 75-85% of your 1RM for 3-5 repetitions.
The speed of the lifts should be fast for explosive power.
Medicine balls are a great way to work on explosive power.