

Strength

versus

Endurance

What's the Difference?

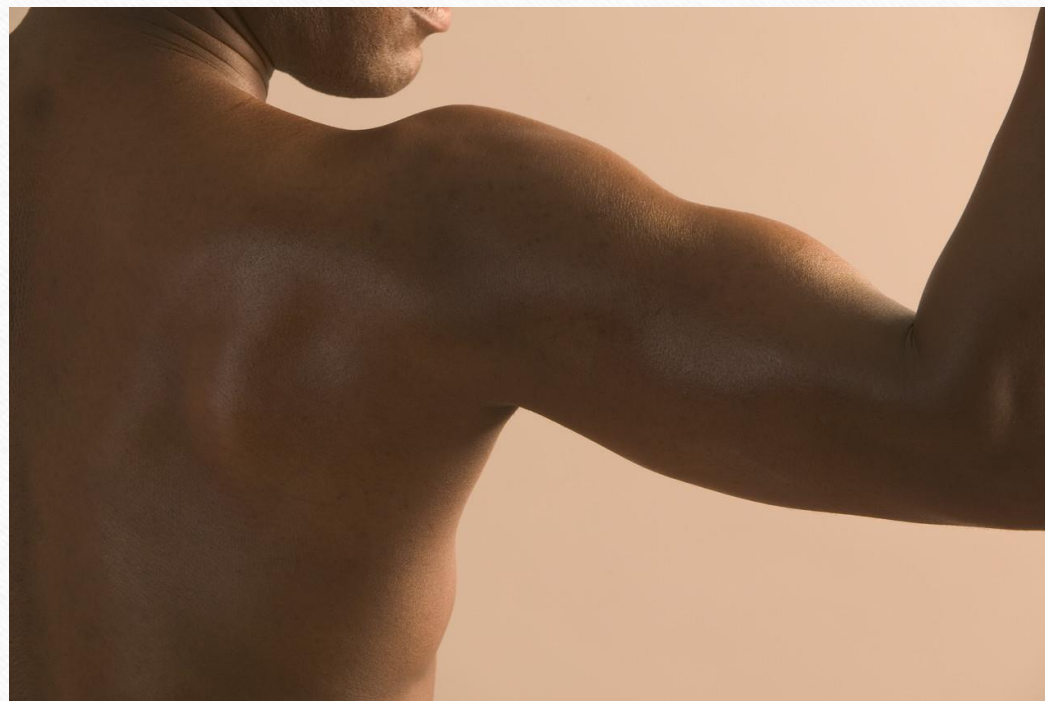
Objectives:

- At the end of this presentation, participants will be able to successfully differentiate between strength and endurance and will also be able to:
 - Demonstrate how to progress a therapeutic exercise program for a patient from....
 - Describe the key components that differentiate strength from endurance exercise programs for patients and when one would be selected versus another
 - Etc...

Definitions

- **Strength-**
- **Endurance-**

Plan...



Demonstrate Something...

Provide time for:

- Practice
- Answering questions
- The completion of your surveys
- You to provide your reference list

References:



Say “Thank You!”

