

Name: \_\_\_\_\_ Period: \_\_\_\_\_ DATE: \_\_\_\_\_

G \_\_\_\_\_ A \_\_\_\_\_ S \_\_\_\_\_ (GAS) is the manner in which the human body reacts to \_\_\_\_\_. It is a \_\_\_\_\_ staged response to stress (\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_).

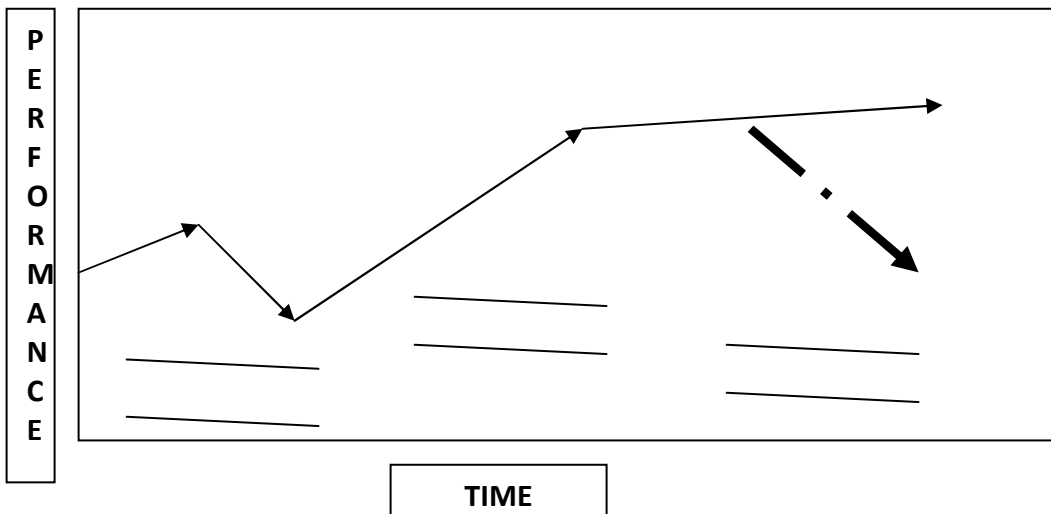
**GAS in resistance training:**

When lifting \_\_\_\_\_ resistance training loads, the first response is \_\_\_\_\_. The phase can potentially last several days or several weeks.

- Soreness
- Stiffness
- Temporary drop in performance

The second response is the \_\_\_\_\_. This is where the body \_\_\_\_\_ to the stimulus and returns to normal functioning. It is through this response that the body will begin adapting to the workload, resulting in \_\_\_\_\_ performance.

If the stress is applied for too long a period of time without variation in training you will fall into the \_\_\_\_\_. In addition to training stressors, there are non-training related stresses that influence the exhaustion phase. Some of these are over-working, insufficient sleep, poor diet, relationships, etc.)



Come up with an example of when you have experienced G.A.S. and been on the verge of or have experienced the EXHAUSTION PHASE.

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