

Fitness for Life

Chapter 12 – Chapter review

1. A part of fitness called cardiovascular^{fitness} requires a fit heart and circulatory system.
2. If you have poor muscle endurance your leg muscles might get tired when you run.
3. Circuit training training is a way of performing muscular endurance exercises that involves changing stations with short breaks in between.
4. Androstenedione is the real name of the supplement sometimes called andro.
5. The real name for the product called HGH is human growth hormone.

Next to each number, write the letter of the best answer.

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|-----------------------|---|---|---|
| 6. plyometrics | d | a | short, high-intensity exercise followed by breaks |
| 7. ephedra | e | b | a product manufactured by meat-eating animals |
| 8. periodization | c | c | varying your muscle fitness program schedule |
| 9. creatine | b | d | a training technique involving jumping |
| 10. interval training | a | e | a product that can alter heart rate |

11. What are some of the basic guidelines for building muscular endurance?
Slight increase, and high light weights
12. How many days a week should you train for muscular endurance?
2 to 3 days
13. What self-assessments can you do to determine whether you have enough muscular endurance?
Bent arm hang, side stand, trunk extension
14. What kinds of physical activities can you do to build muscular endurance?
Core exercises, interval training,
15. What is an ergogenic aid?
Anything done to increase ability to do hard exercises.