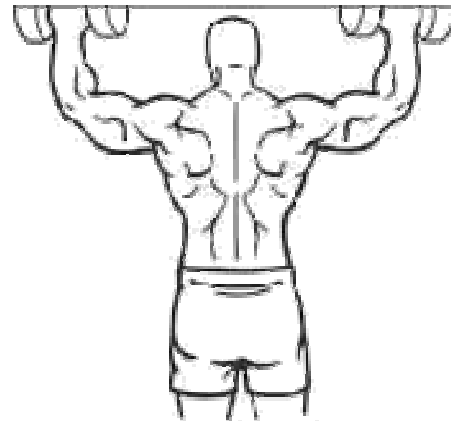


CONSCIOUS STRENGTH TRAINING

1- Training which develops strength at least should be done in a week.

2- Which sport doesn't contribute to strength developing?

- a) swimming
- b) riding bike
- c) lifting weight
- d) mountain climbing
- e) running long distance



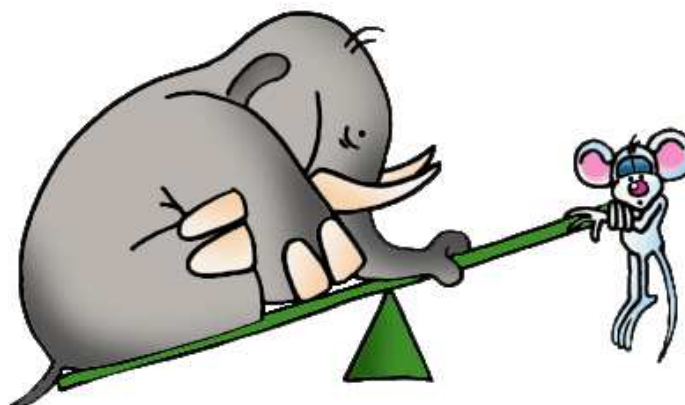
3- Which one should be taken mostly by people who do strength exercise?

- a) Protein
- b) Carbohydrate
- c) Fat
- d) Glucose

4- Write (T) if the sentence is true, write (F) if the sentence is false

- a) In people who exercise strength training cardiovascular system doesn't develop
- b) In people who exercise strength training regularly diameter of heart thickens
- c) In people who exercise strength training regularly capacity of heart ventricular widens
- d) In people who exercise strength training regularly muscle hypertrophy can be seen
- e) In people who exercise strength training regularly testosterone hormone increase

5- Write the formula of calculating risk while heart is working extremely.



ANSWER KEY

1- TWICE

2- E

3- A

4-

A	B	C	D	E
F	T	F	T	T

5- 220- AGE = RISK