

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Your fitness workout

1. Good exercise for strengthening upper arms? A. 3 - 4 times
2. Good exercise for toning the backs of the arms? B. Wrist curls
3. Resistance training is very important for seniors. C. Tricep kickbacks
4. Resistance training will help to keep seniors strong. D. Yes
5. How can you help to make your wrists stronger? E. Bicep curls
6. How many times should you exercise in a 7 day period? F. Yes
7. How much time should you exercise per week? G. Resistance training
8. Good exercise for making your shoulders stronger H. Maximum 150 minutes?
9. In addition to cardio aerobics senior must have? I. Calf raises
10. Good exercise for strengthening the lower leg muscles? J. Shrugs