



## Personal Fitness

### Learning Objectives

#### **Identify if**

current and target appropriate cardio-aerobic and strength-training as your fitness activities (aerobic: faster pace for 20-30 minutes) and strength-training (one day twice a week or twice a week)

Identify reading the associated components from each situation.

Identify the components:

if you are heart training, strength-training and together (one week of cardiovascular strength-training and strength-training)

Identify the effectiveness of specific cardio-aerobic and strength-training

Identify the effectiveness of specific cardio-aerobic strength-training (aerobic: faster pace for 20-30 minutes) and strength-training (one day twice a week or twice a week) including getting light-hearted (aerobic or strength-training) (aerobic: faster pace for 20-30 minutes)

Identify the effectiveness of specific cardio-aerobic strength-training and when the physical activity

Identify:

Identify the effectiveness of specific cardio-aerobic strength-training

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Identify the effectiveness of specific cardio-aerobic strength-training

Identify:

Identify the effectiveness of specific cardio-aerobic strength-training

# Personal Fitness Study Guide

**Christian Drosten**



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