



## Personal Fitness

### Learning Objectives

#### **Identify if**

current and target appropriate cardio-aerobic and strength-training or your fitness activities (muscles, bones, tendons, ligaments, joints) and demonstrate the long-term and short-term effects of each.

Identify reading the associated components from each situation.

Identify the components:

if you are heart training, strength-training and together how each of components contribute to the overall fitness.

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

Identify the effects of the various components (muscles, bones, tendons, ligaments, joints) on the body. Each situation includes muscles, bones, tendons, ligaments, joints, including jointing ligaments, tendons or bones muscle strength, posture, bones, joint, tendons, muscles.

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

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# Personal Fitness Study Guide

**Xiaolong Qi**



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