



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 activity.

Identify the benefits:

if you are heart training, strength-training and together they will be a complete workout, being the best of both.

Identify the effectiveness of each: cardio-aerobic and strength-training

Identify the benefits of each: cardio-aerobic (heart, lungs, blood vessels, bones, joints, tendons, ligaments, joints) and strength-training (muscles, bones, tendons, ligaments, joints, tendons, ligaments, joints) and together they will be a complete workout, being the best of both.

Identify the effectiveness of each: cardio-aerobic and strength-training

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Personal Fitness Study Guide

CH Cherryholmes



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