



Personal Fitness

Learning Objectives

Identify if

current and target appropriate cardio-aerobic and strength-training to your fitness activities (aerobic, fitness goals for 45-60 minutes) 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 (aerobic and strength training).

Identify the effectiveness of each activity, short-term and long-term benefits.

Identify the benefits of the aerobic, strength-training and together they will be a complete workout (aerobic and strength training). Short-term benefits include: increased heart rate, increased energy, increased strength, increased endurance, increased muscle strength, increased muscle mass, increased muscle mass, increased muscle mass.

Identify the effectiveness of each activity, short-term and long-term benefits.

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Personal Fitness Study Guide

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