



## **Fitness Room Study Guide**

1. Maximum heart rate is calculated by subtracting your age from 220. (Ex: A 15 year old's heart rate should be 205 beats per minute.  $220 - 15 = 205$ )
2. The assisted pull-up machine #20 operates like a see-saw with the resistance from raising the weight. The more weight you have on the machine, the less work you are doing.
3. It is important to warm-up. This is a brief amount of exercise to prepare you for more vigorous exercise. A good warm-up should be 3 – 5 minutes in length.
4. The arm extension (press down) machine #C works the triceps muscles.
5. Perspiration (sweating) is loss of fluid that occurs during exercise. To prevent dehydration, it is important that you drink WATER during and after exercise.
6. The weight room circuit is a combination of aerobic exercise (steps) and resistance training (weight machines).
7. The leg flexion machine # 8 purpose is to work-out the hamstrings.
8. The quadriceps muscle is strengthened by using the leg extension machine # 6.
9. Muscular strength is the greatest force the muscle can produce in a single effort.
10. Muscular endurance is the force exerted by a muscle over an extended period of time.
11. Flexibility is the ability to use a joint to its fullest degree of motion.
12. When in the fitness room, it is very important to wipe down the machines with a towel to prevent the spread of germs and bacteria.
13. The arm curl machine #D works the biceps.
14. When working a muscle, the joint should never be locked into full extension.
15. To improve cardiovascular fitness a person should exercise at his/her maximum heart rate for 25 – 30 minutes three times a week.