

## BEGINNING STRENGTH FINAL STUDY GUIDE

FITT PRINCIPLE	TARGET HEART RATE
FLEXIBILITY	CARBOHYDRATES
MUSCULAR STRENGTH	PROTEIN
CARDIO VASCULAR ENDURANCE	ANTAGONISTIC MUSCLES
MUSCULAR ENDURANCE	CORE STRENGTH
AEROBIC EXERCISES	AGILITY
ANAEROBIC EXERCISES	COORDINATION
HEART RATE	ATROPHY
RESPONSIBILITY	HYPERTROPHY
STRESS	PROGRESSION
BMI	SPECIFICITY
TEAMWORK	ENERGY
FLEXIBILITY	5 COMPONENTS OF FITNESS
CARDIOVASCULAR	YOGA AND PILATES
OVERLOAD	ISOMETRIC EXERCISE
GOAL	EATING IN MODERATION
SELF-MOTIVATION	BODY'S WATER %
HYGIENE	FOOD LABELS
CALORIE	RESTING HEART RATE
AWARENESS	ISOTONIC EXERCISE
TEAMBUILDING	