Fitness Weight Training – Worksheet #2

1) Describe some of the benefits of warming-up prior to exercise:

2) If your goal is to increase muscle size, what type of training load should you focus on in your workouts?

3) If muscle endurance is your primary goal, how many repetitions should you perform per set?

4) What should you do if you feel pain while exercising?

5) In order to achieve the greatest gains, what should you do after lifting weights?