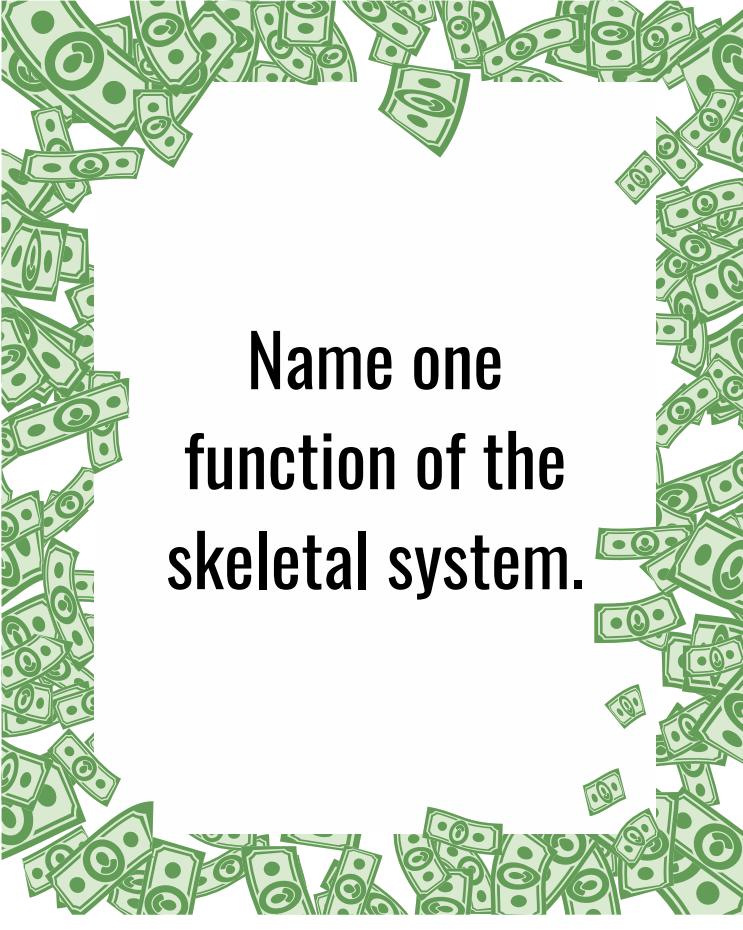


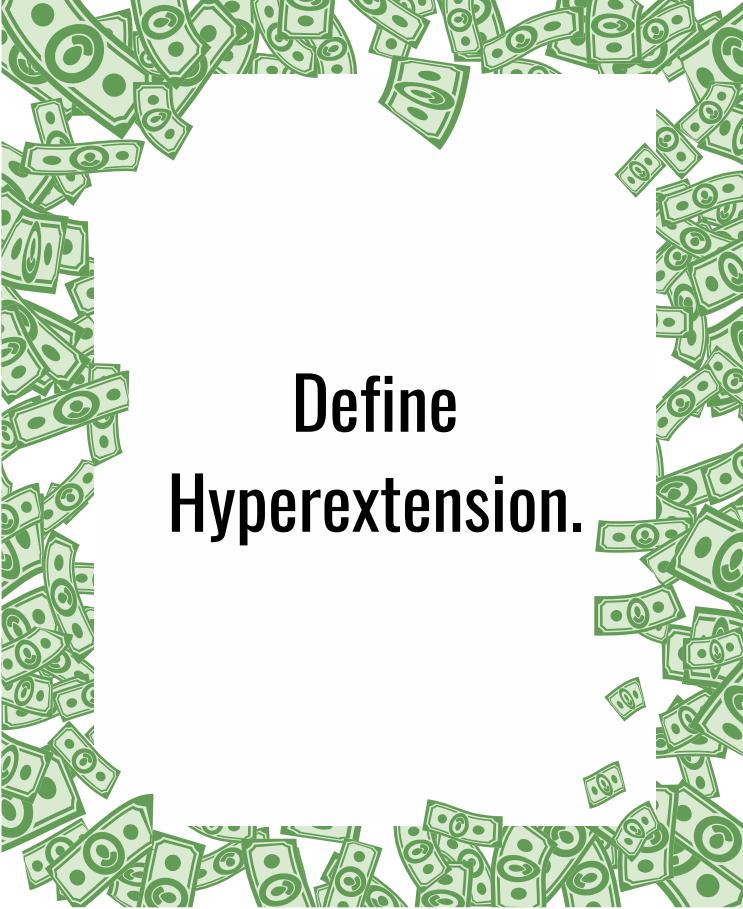
**How many days per week should adolescents and adults participate in resistance exercise?**



**Name one function of the skeletal system.**



**Define flexion.**



**Define Hyperextension.**

**Demonstrate Hip  
Abduction.**

**Name one  
function of the  
muscular system.**

**What are the 3  
types of muscle?**

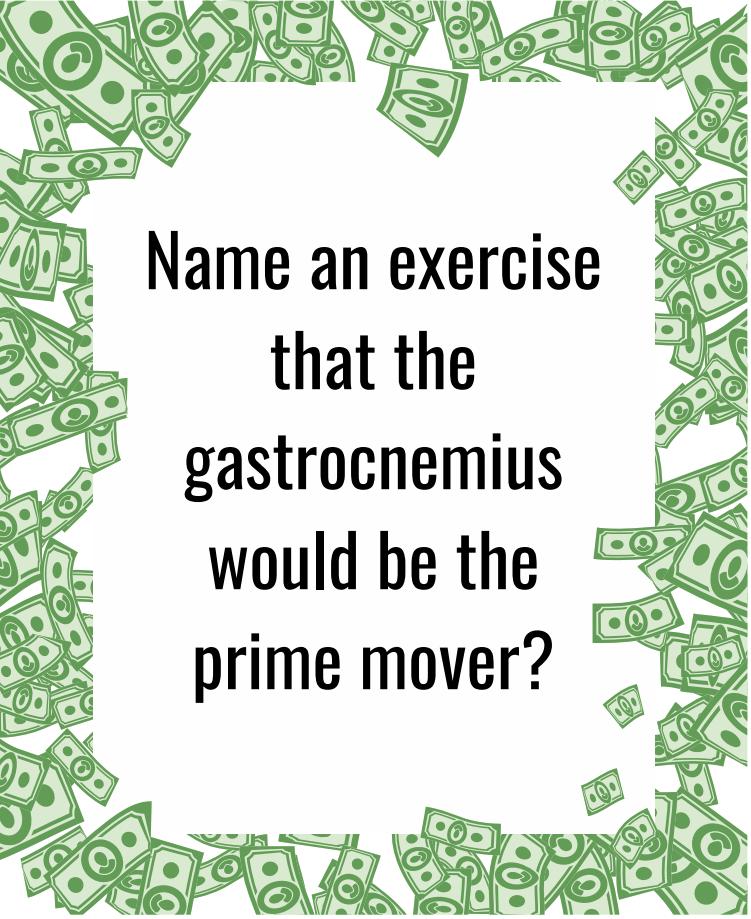
**Where would you  
find smooth  
muscle?**

**Demonstrate Hip  
Abduction.**

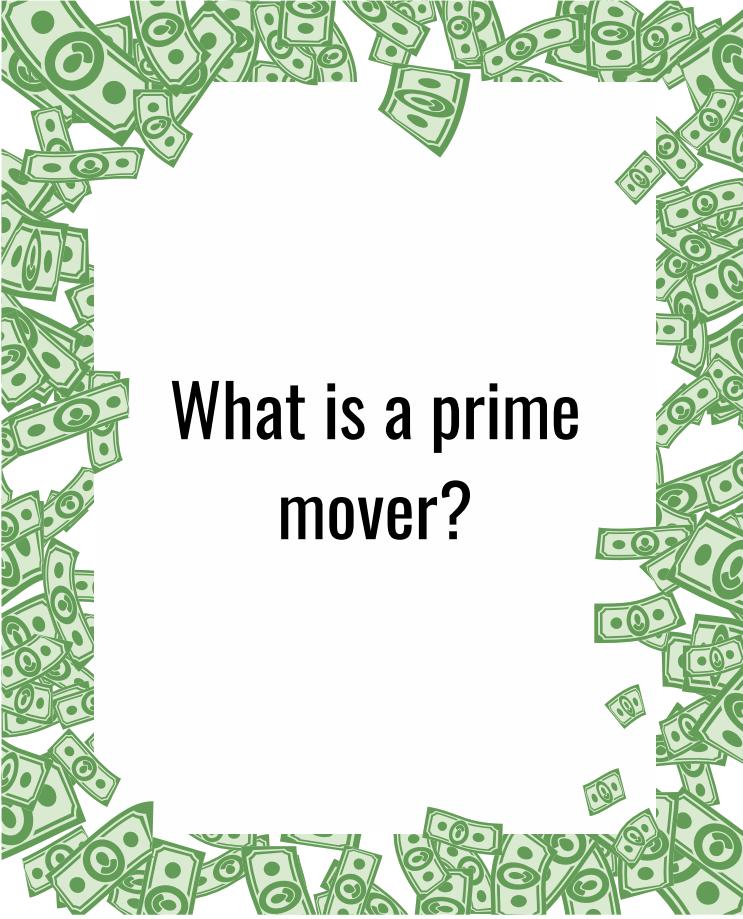
**Name one  
function of the  
muscular system.**

**What is the  
function of the  
triceps brachii?**

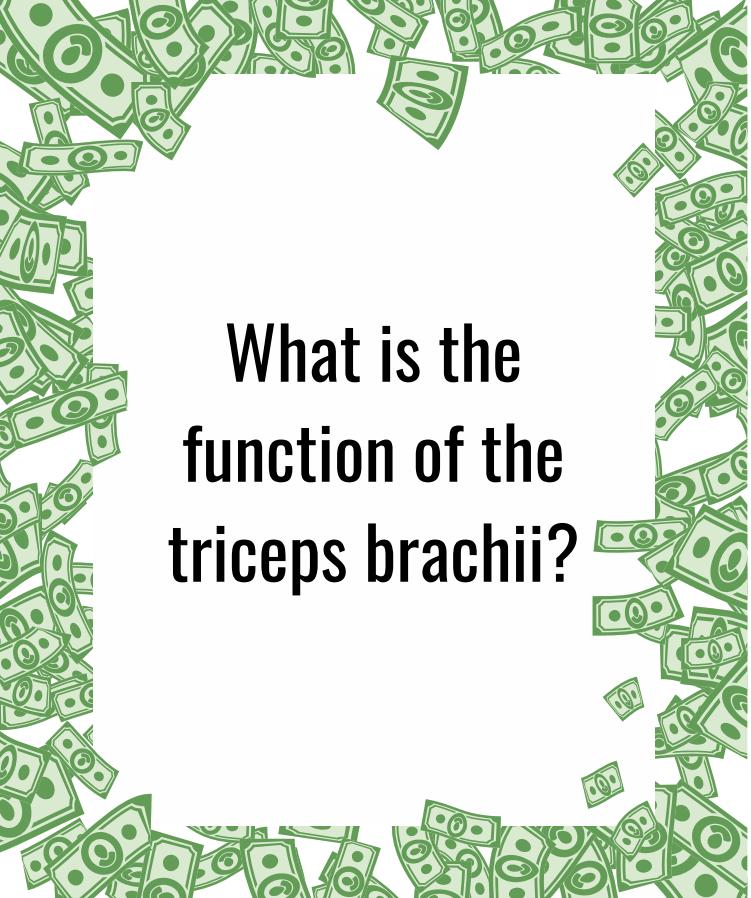
**What is the  
function of the  
external  
obliques?**



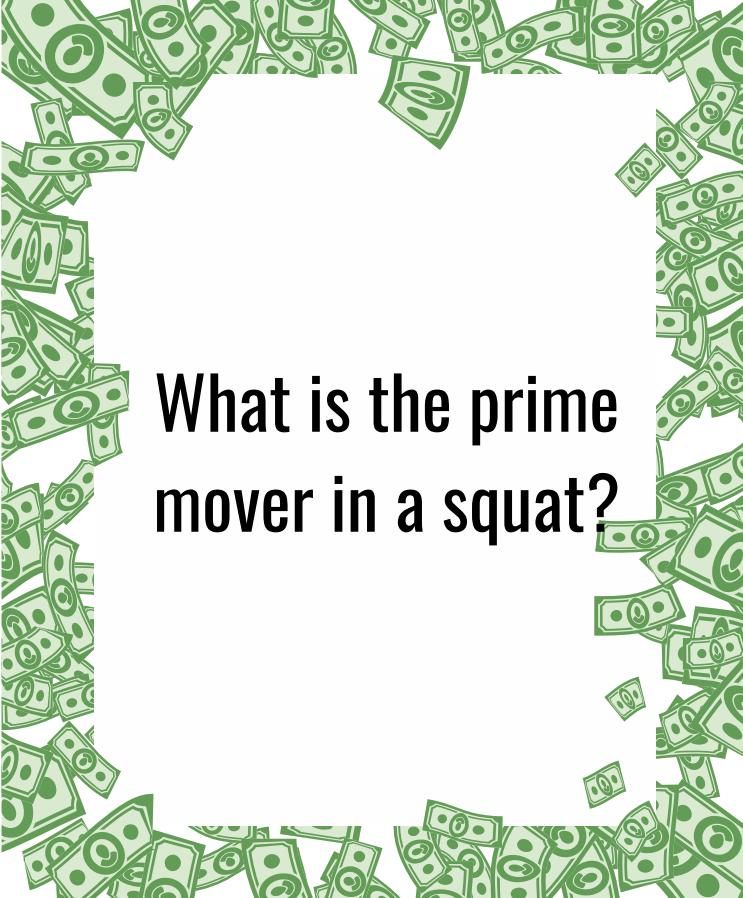
**Name an exercise  
that the  
gastrocnemius  
would be the  
prime mover?**



**What is a prime  
mover?**



**What is the  
function of the  
triceps brachii?**



**What is the prime  
mover in a squat?**

**Name an exercise  
that would work  
the deltoids.**

**Name an exercise  
that would work  
the external  
obliques.**

**If my goal is  
muscular  
strength...should i  
lift heavier weights  
less times, or  
lighter weights  
more times?**

**Give an example  
of a sport where  
muscular  
endurance is  
important.**

**Name 2**  
**Fitnessgram tests**  
**that assessed**  
**muscular**  
**strength and**  
**endurance.**

**Name an exercise**  
**that would work**  
**the latissimus**  
**dorsi.**

**If my goal is**  
**muscular**  
**endurance...should i**  
**lift heavier weights**  
**less times, or**  
**lighter weights**  
**more times?**

**Give an example**  
**of a sport where**  
**muscular**  
**strength is**  
**important.**