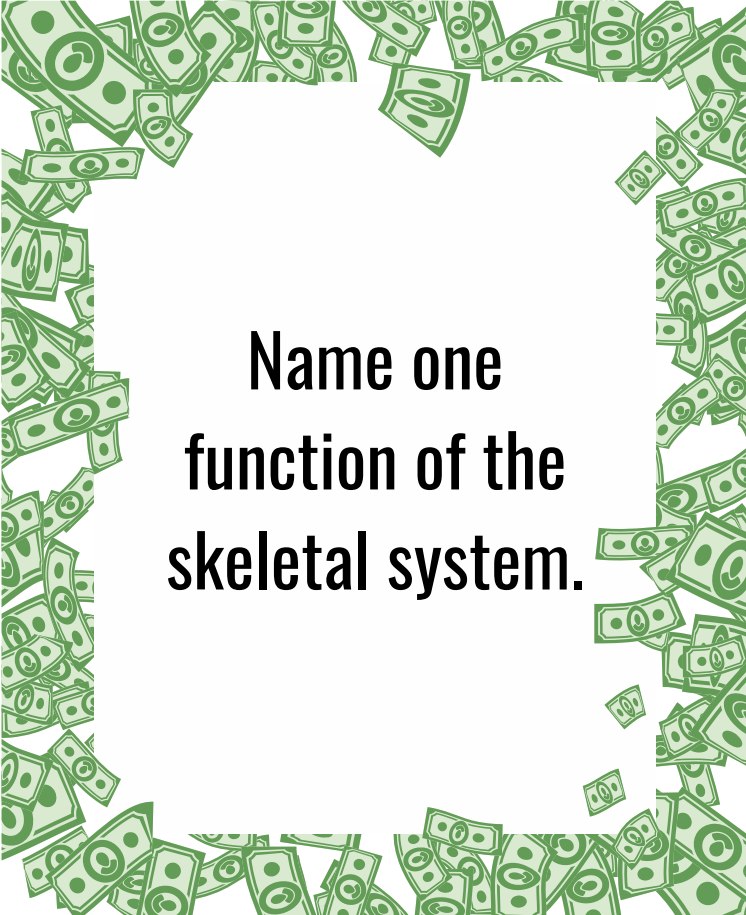


A decorative border made of green, stylized banknotes and coins, including \$100 and \$10 bills, surrounding the text.

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

A decorative border made of green, stylized banknotes and coins, including \$100 and \$10 bills, surrounding the text.

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

A decorative border made of green, stylized banknotes and coins, including \$100 and \$10 bills, surrounding the text.

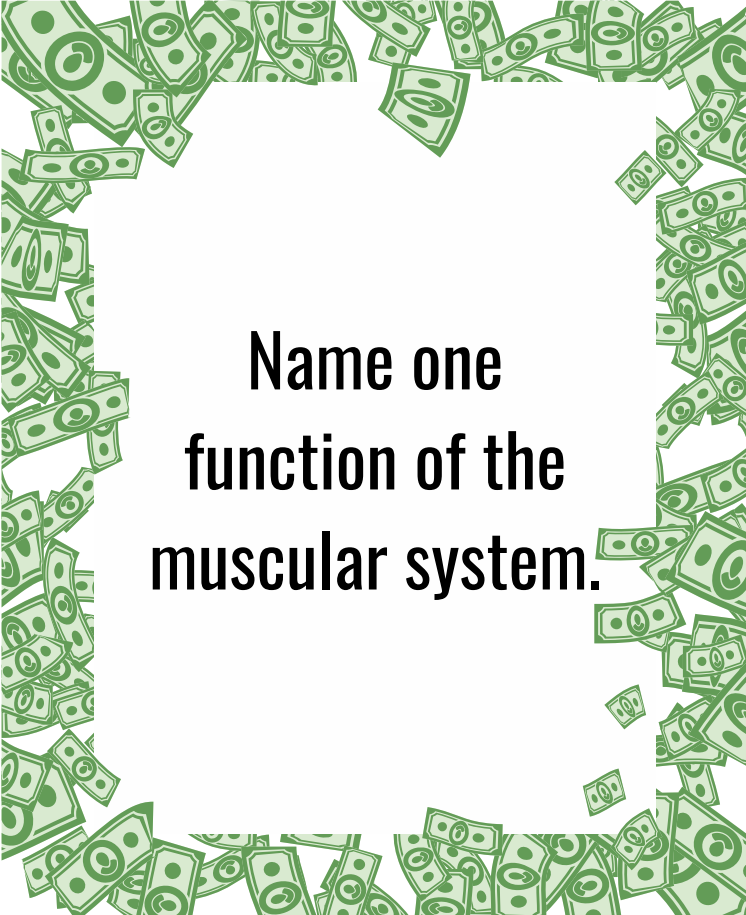
Define flexion.

A decorative border made of green, stylized banknotes and coins, including \$100 and \$10 bills, surrounding the text.

**Define
Hyperextension.**

A decorative border made of green, stylized money bills and coins, arranged in a rectangular frame around the text.

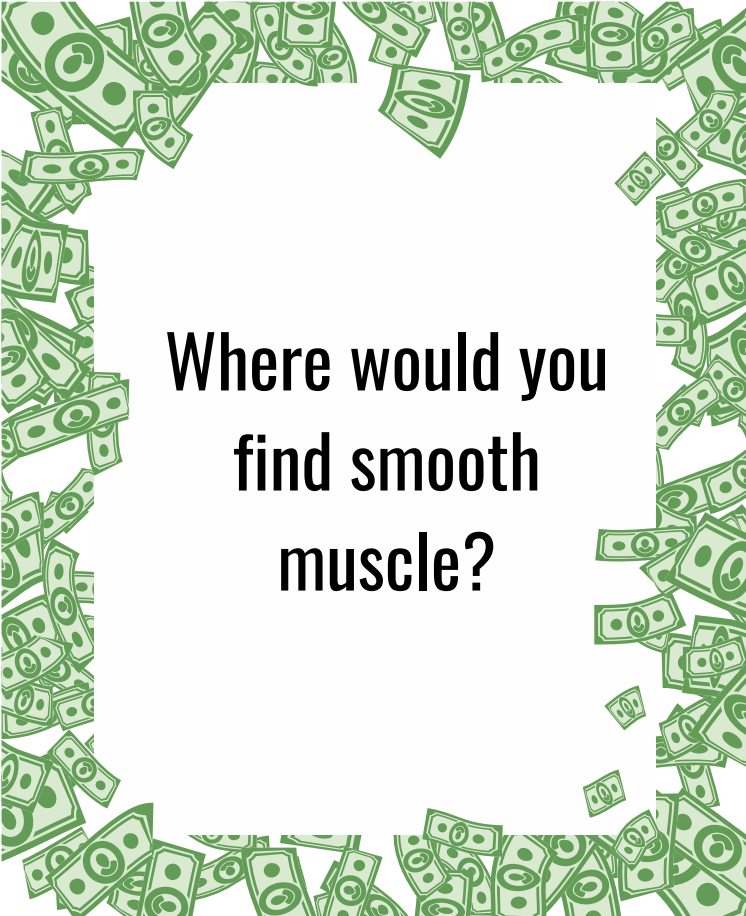
**Demonstrate Hip
Abduction.**

A decorative border made of green, stylized money bills and coins, arranged in a rectangular frame around the text.

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

A decorative border made of green, stylized money bills and coins, arranged in a rectangular frame around the text.

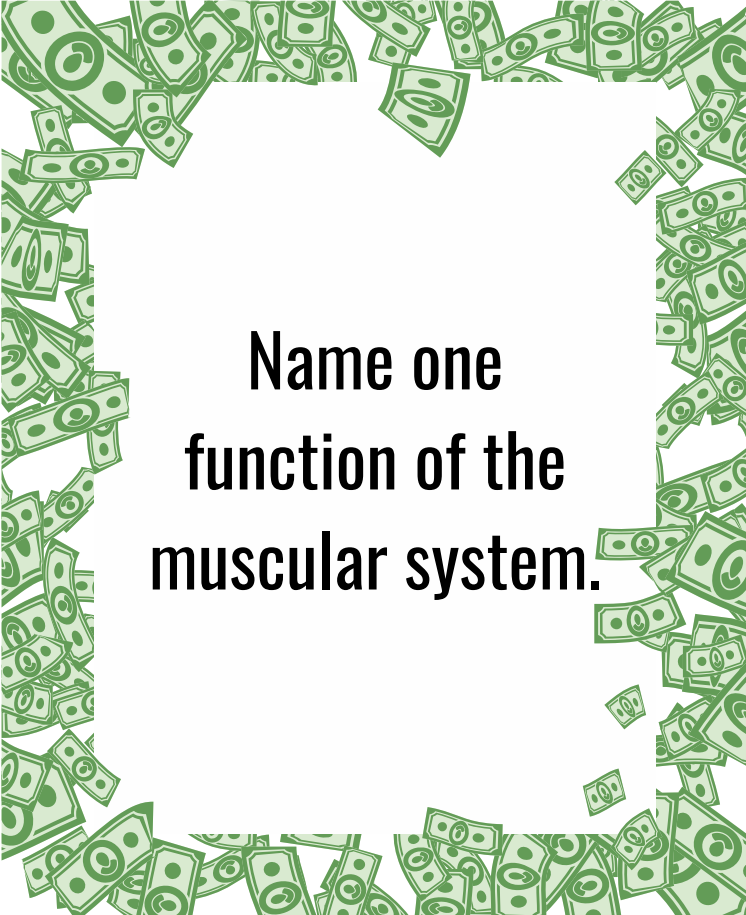
**What are the 3
types of muscle?**

A decorative border made of green, stylized money bills and coins, arranged in a rectangular frame around the text.

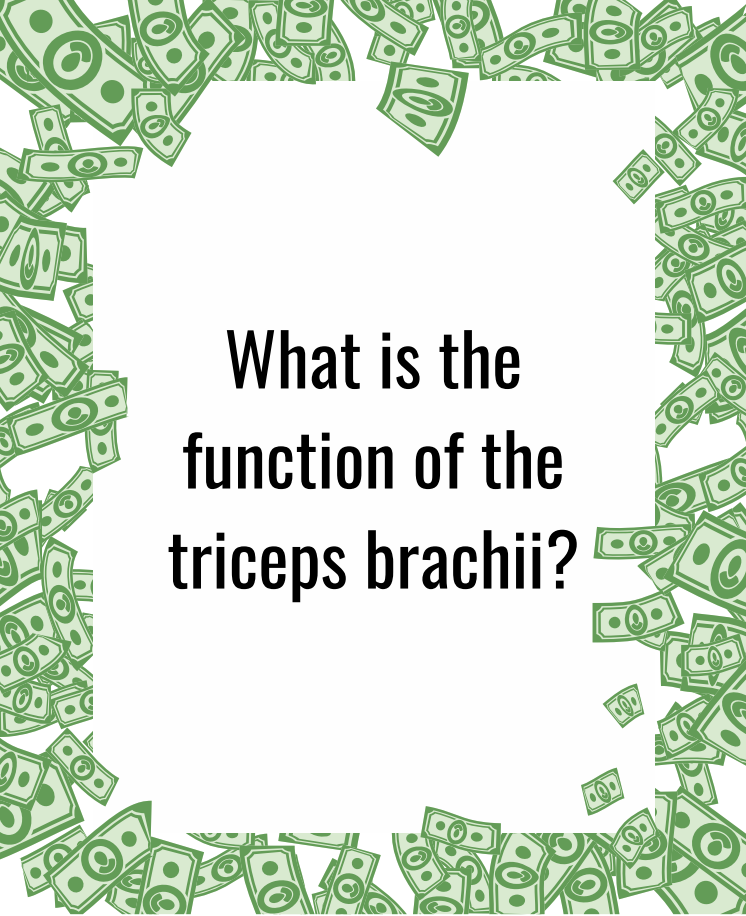
**Where would you
find smooth
muscle?**

A decorative border made of green, stylized banknotes of various denominations, including 100 and 500 notes, arranged in a dense, overlapping pattern around the text.

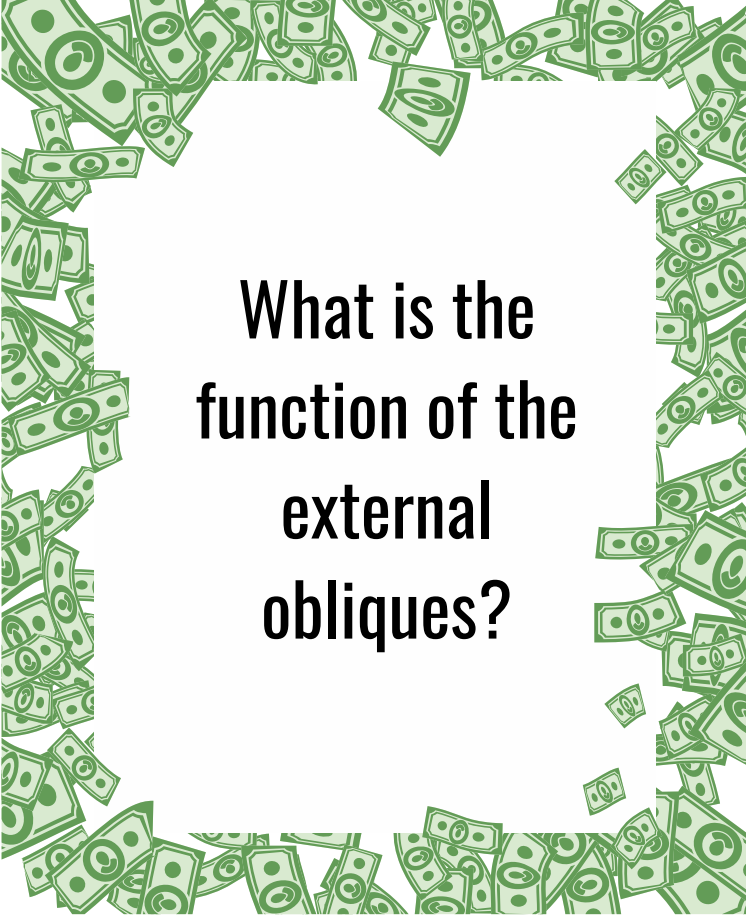
**Demonstrate Hip
Abduction.**

A decorative border made of green, stylized banknotes of various denominations, including 100 and 500 notes, arranged in a dense, overlapping pattern around the text.

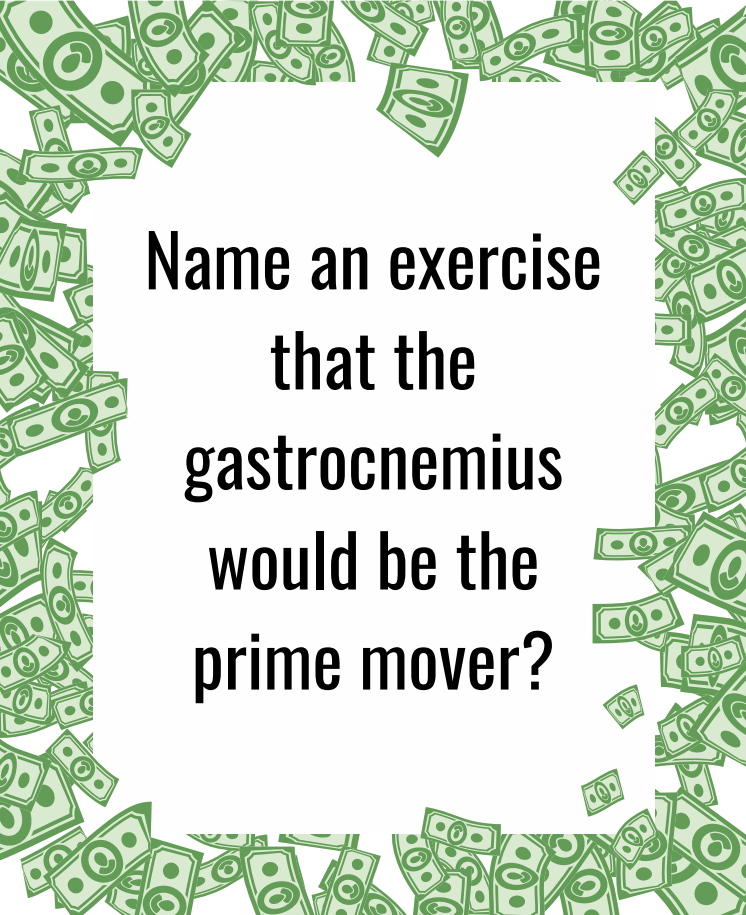
**Name one
function of the
muscular system.**

A decorative border made of green, stylized banknotes of various denominations, including 100 and 500 notes, arranged in a dense, overlapping pattern around the text.

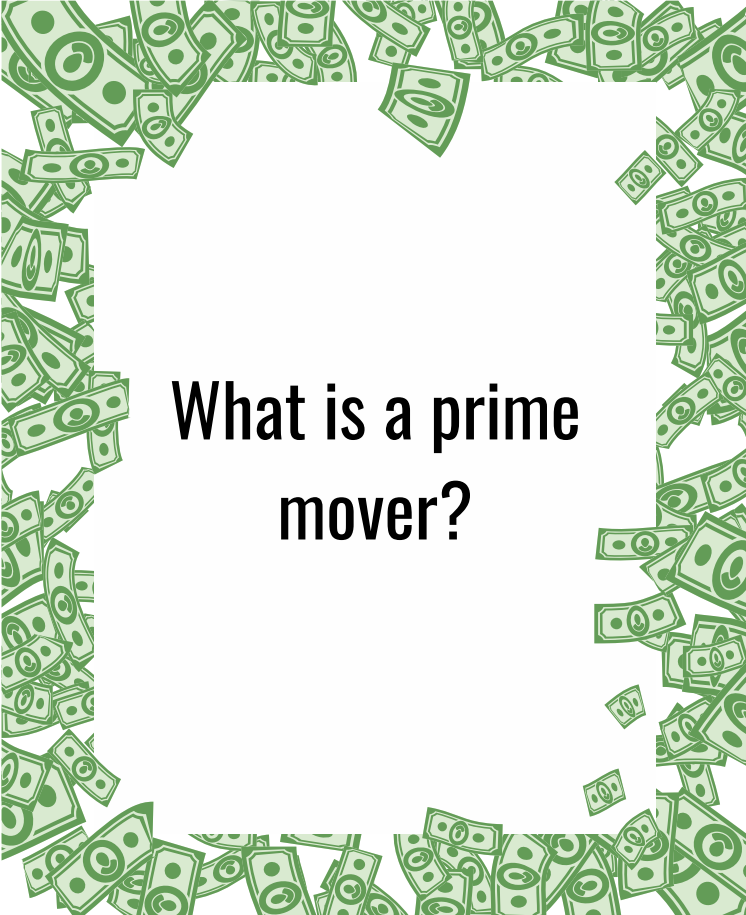
**What is the
function of the
triceps brachii?**

A decorative border made of green, stylized banknotes of various denominations, including 100 and 500 notes, arranged in a dense, overlapping pattern around the text.

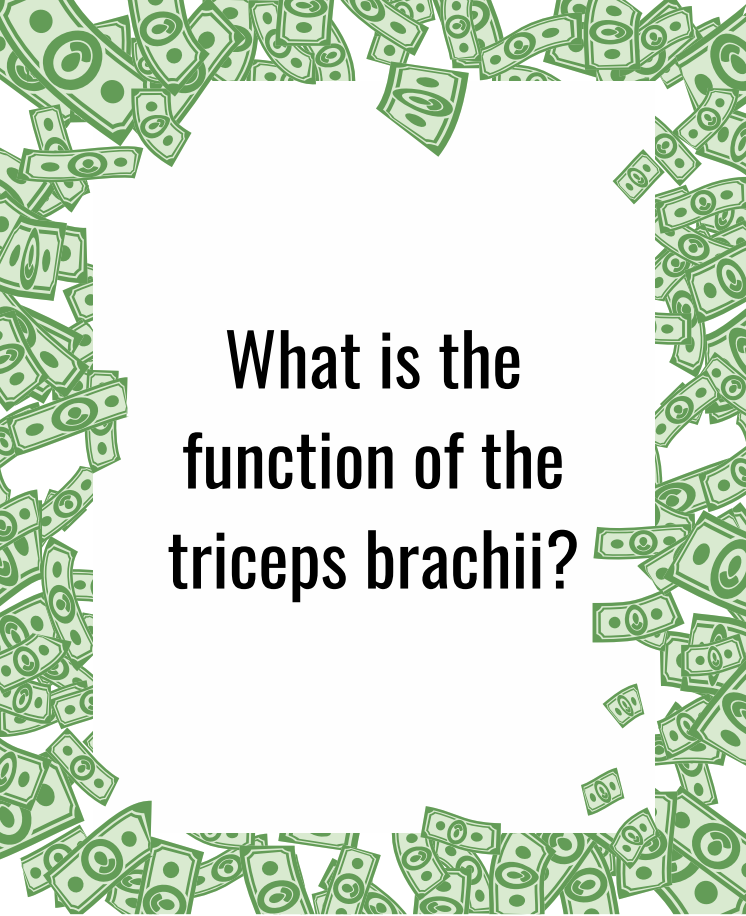
**What is the
function of the
external
obliques?**

A decorative border made of green, stylized banknotes and coins, arranged in a rectangular frame around the text.

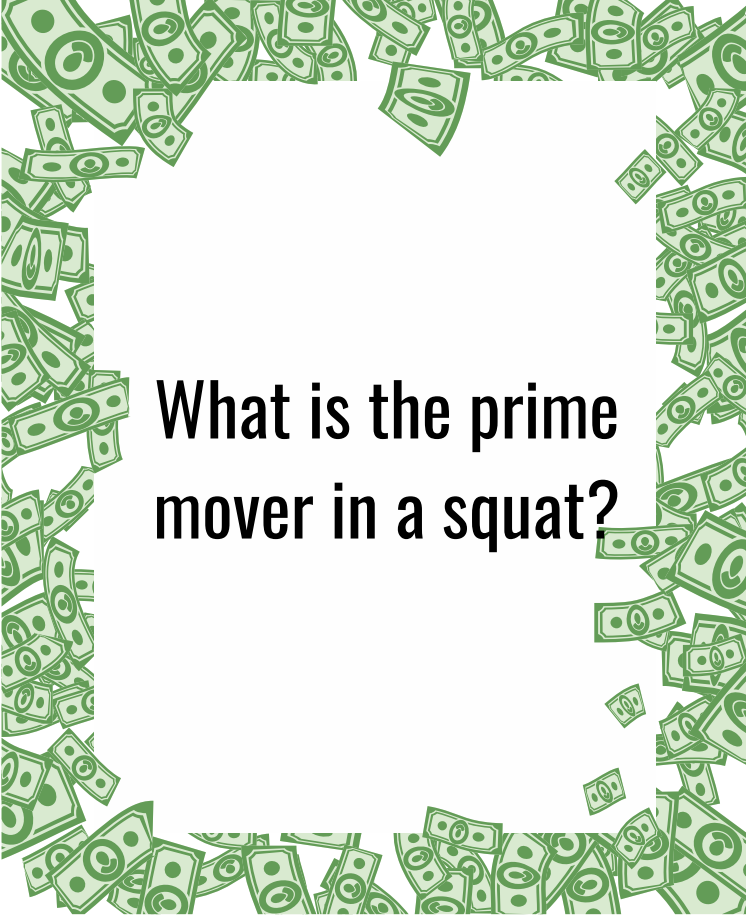
**Name an exercise
that the
gastrocnemius
would be the
prime mover?**

A decorative border made of green, stylized banknotes and coins, arranged in a rectangular frame around the text.

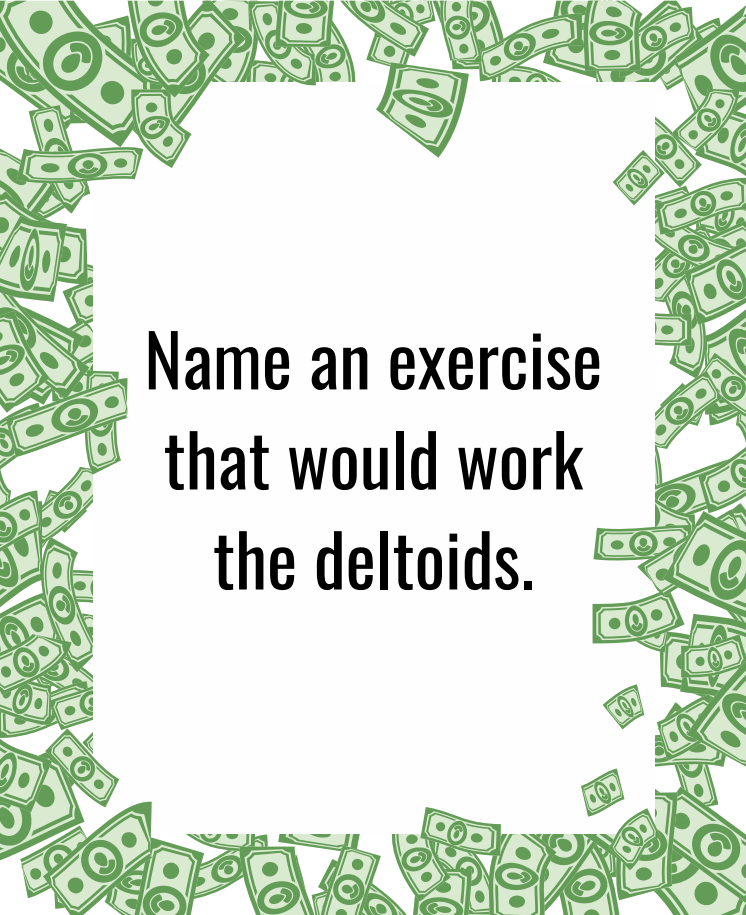
**What is a prime
mover?**

A decorative border made of green, stylized banknotes and coins, arranged in a rectangular frame around the text.

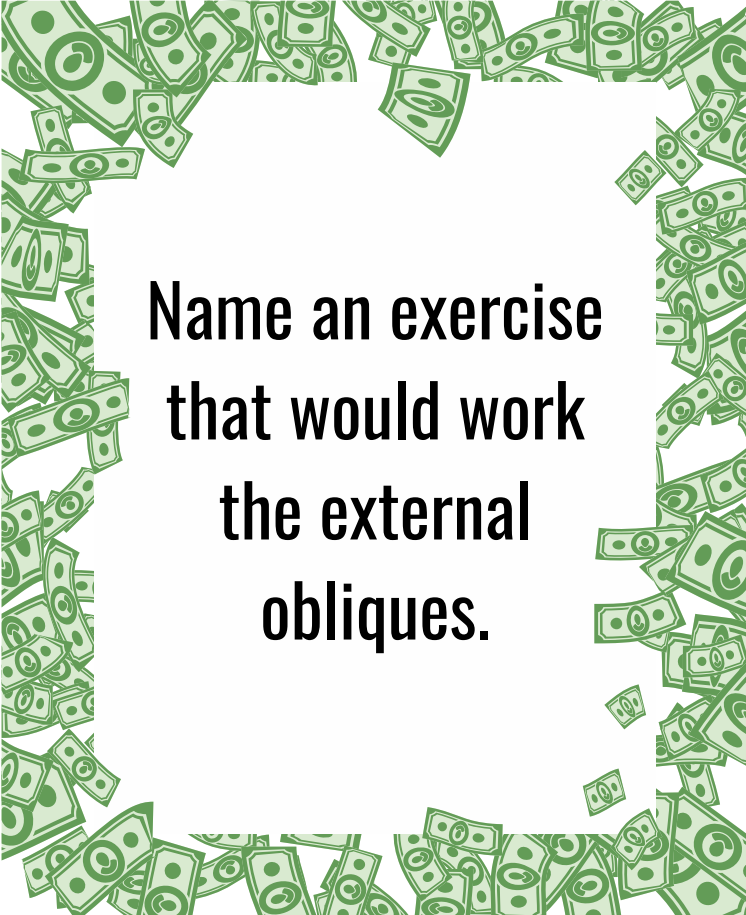
**What is the
function of the
triceps brachii?**

A decorative border made of green, stylized banknotes and coins, arranged in a rectangular frame around the text.

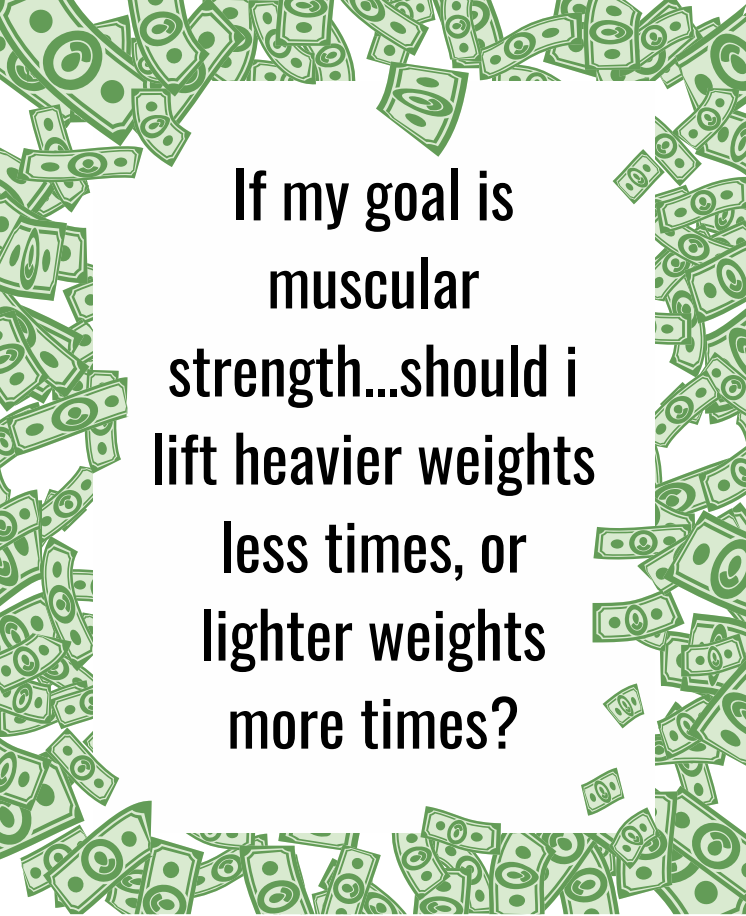
**What is the prime
mover in a squat?**

A decorative border made of green, stylized banknotes and coins, arranged in a dense, overlapping pattern around the text.

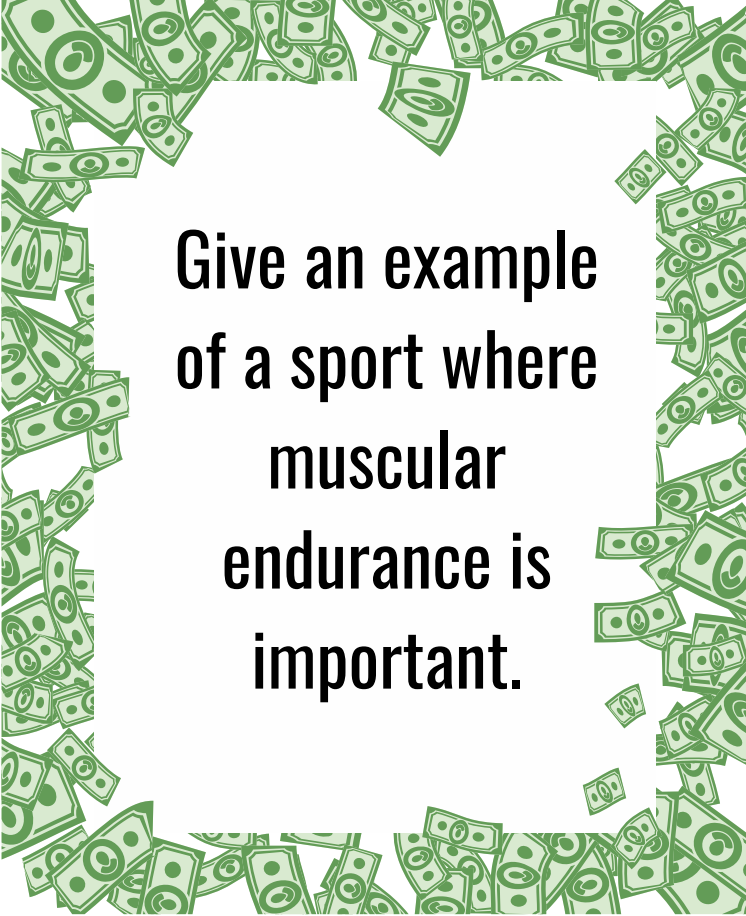
**Name an exercise
that would work
the deltoids.**

A decorative border made of green, stylized banknotes and coins, arranged in a dense, overlapping pattern around the text.

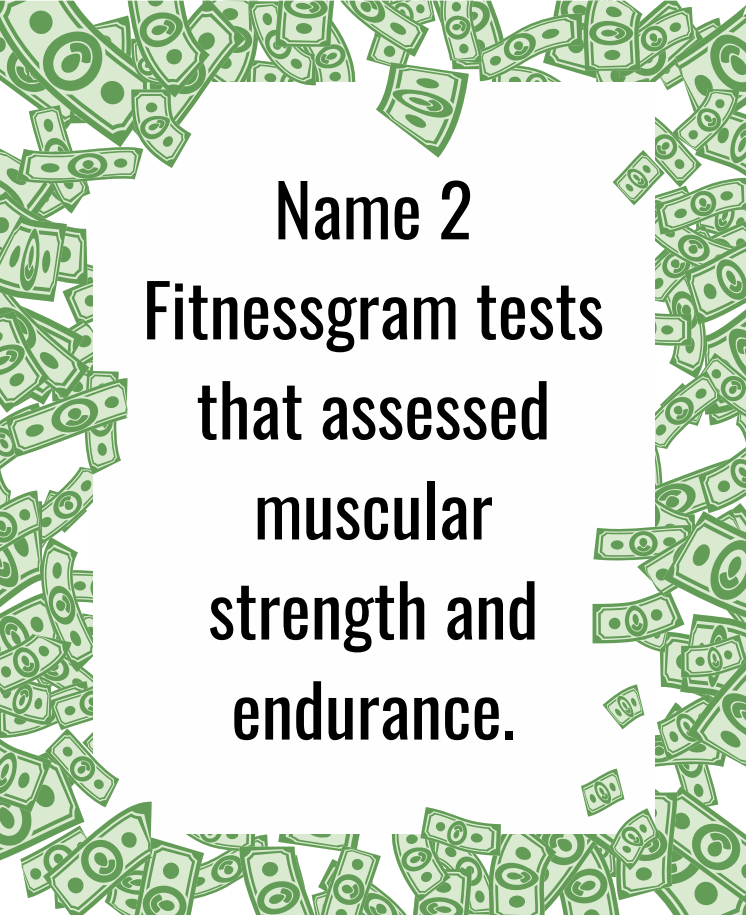
**Name an exercise
that would work
the external
obliques.**

A decorative border made of green, stylized banknotes and coins, arranged in a dense, overlapping pattern around the text.

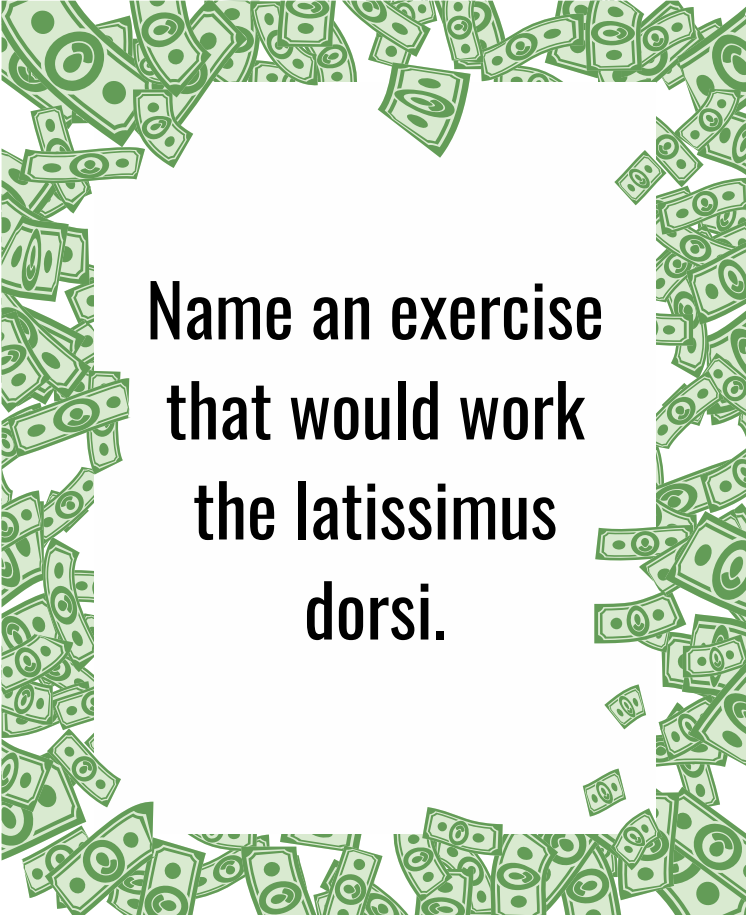
**If my goal is
muscular
strength...should i
lift heavier weights
less times, or
lighter weights
more times?**

A decorative border made of green, stylized banknotes and coins, arranged in a dense, overlapping pattern around the text.

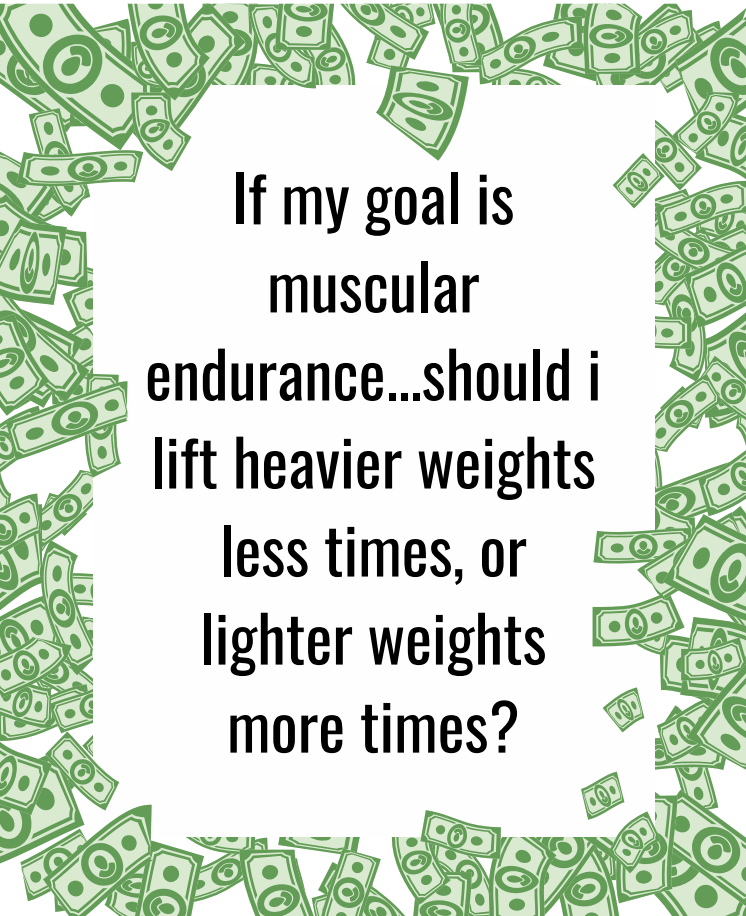
**Give an example
of a sport where
muscular
endurance is
important.**

A decorative border made of green, stylized banknotes and coins, resembling Euro currency, framing the text.

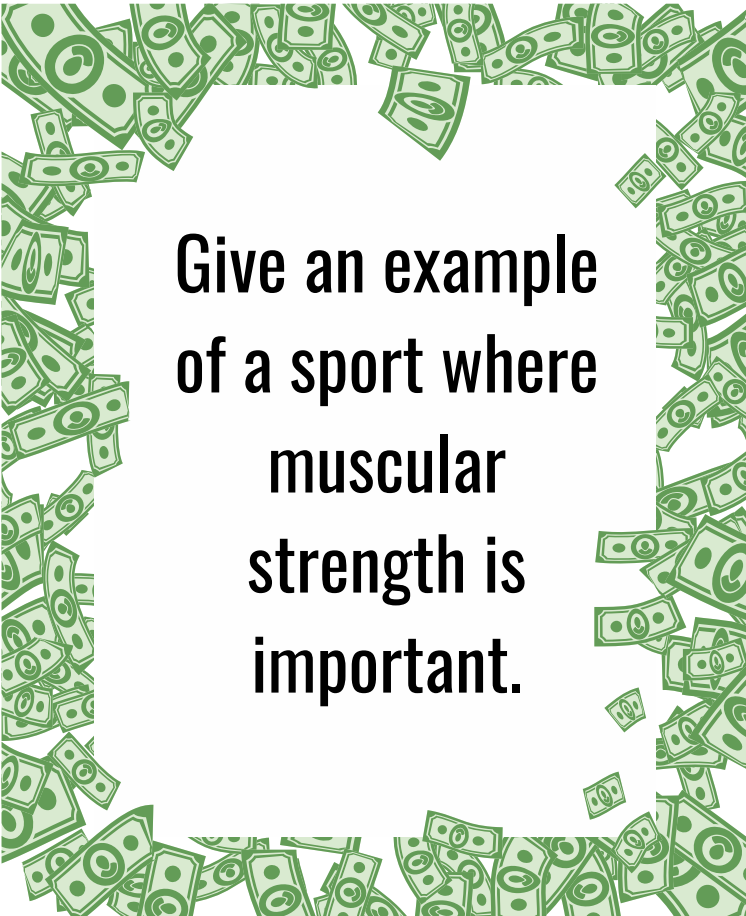
**Name 2
Fitnessgram tests
that assessed
muscular
strength and
endurance.**

A decorative border made of green, stylized banknotes and coins, resembling Euro currency, framing the text.

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

A decorative border made of green, stylized banknotes and coins, resembling Euro currency, framing the text.

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

A decorative border made of green, stylized banknotes and coins, resembling Euro currency, framing the text.

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