

1. Principles of training= the body becomes stronger and functions better if increase demands are placed on it.

2. Overload =Do more than what you normally do.

F. I. T. T

F =Frequency I =Intensity T= time T =Type

1. Frequency= How often you are exercising. (5 to 6 times a week)

2. Intensity= How hard you are working out.

3. Time= How long you are working out.

4. Type= The type of exercise you do.

5. as time increases

7. THE HEART IS A REMARKABLE MUSCLE THAT ACTUALLY SECRETES BLOOD.

1. THE VENTRICLE ON THE LEFT SIDE OF THE HEART FORCE BLOOD CONTAINING OXYGEN THROUGHOUT THE THROUGH ARTERIES.

2. ARTERIES CARRY BLOOD AWAY FROM THE HEART.

****VEINS ALWAYS CARRY BLOOD TOWARD THE HEART.

SQUARE DANCE

1. What numbers are the head lead couples? 1 & 3
2. Which side of the male does the female stand on? Right side
3. At the beginning of each class we do the? Warm up and march
4. What numbers are the side couples? 2 & 4
5. What is this move called? Start facing partner.
6. What do you do at the end of each band?

Name the following machines, tools and exercises:

