Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_ Due Date: \_\_\_\_\_\_\_\_\_

**Fitness Learning Packet (Fresh/Soph)**

Be sure to answer ALL parts of the questions in COMPLETE SENTENCES. Not all the answers will be found in the packet. You will have to use other resources to find all the answers.

What are some of the physical benefits that are gained by weightlifting?

Why is it important to do a warm up and a cooldown?

Why do you need a spotter when you are lifting?

Why is it important to incorporate the 5 components of fitness into your workout?

What is the FITT Principle and how does it help set up a workout?

If my goal was to gain muscle, what should my workouts look like? Please give 5 examples targeting a specific muscle group.

If my goal was to lose fat and tone my muscles, what should my workouts look like? Please provide 5 different exercises.

Why is it important to know your target heart rate? How do you find your target heart rate?

What does your resting heart rate measure? How can you improve your resting heart rate?

What are some local gyms that you can join to work on your personal fitness goals? Please list 5 and their contact information. (You will need to look online)