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NAME \_\_\_\_\_

GRADE LEVEL: 10

### PHYSICAL EDUCATION

Identify which part of the body is strengthened by the exercises shown or written below. Write your answer on the space provided.

- \_\_\_\_\_ 1. Leg Curls, Squats, Leg Pres, Hack Squat
- \_\_\_\_\_ 2. Upright row, Seated Row, Shoulder press
- \_\_\_\_\_ 3. Seated and Standing, Toe Raise, Leg press, squat, Leg Curl
- \_\_\_\_\_ 4. Squat, leg press, Hack squat, leg curl
- \_\_\_\_\_ 5. Bent knee sit-up, abdominal curl, knee raise
- \_\_\_\_\_ 6. Tricep press down, bench press, vertical chest press, shoulder press, bar dip
- \_\_\_\_\_ 7. Shoulder press, bench press, vertical chest press, upright row, bar dip
- \_\_\_\_\_ 8. Squat, leg extension, leg press, incline leg press, hack squat
- \_\_\_\_\_ 9. Arm curl, seated row, wide grip, pull down, pull up
- \_\_\_\_\_ 10. Bench press, pec-fly, vertical chest press, cable crossover, bar dip

### ESSAY

1. Assuming you decide to have Running as your fitness program, how can you consider this beneficial based on results? In what ways can you influence your friend to choose running also as exercise?

2. With a lot of requirements to do and examinations to pass, you may find studying very stressful. Your teacher discussed the benefits of having physical exercise. What physical fitness program would you choose? How do you think this program would help you to lessen your stress?