



Juice and Toya WORKOUT

<https://www.youtube.com/watch?v=lvmaekQfKiw>

1. What is needed to do this workout?
 - a. Dumbbells
 - b. Jumprope
 - c. No equipment

2. This workout is what type of exercise?
 - a. Resistance Training
 - b. Cardio Training
 - c. Anaerobic Training

3. Lateral bounds are done by hopping side to side. True or False

4. Squat jacks are an easier way to do jumping jacks. True or False

5. When exercising be sure to remember to ...
 - a. check the time.
 - b. count your reps.
 - c. breathe.

6. Burpees work mostly ...
 - a. the upper body
 - b. the lower body
 - c. the whole body

7. This workout focuses on 10 reps per exercise. True or False

8. Picking up the pace is...
 - a. an exercise movement
 - b. moving faster
 - c. bringing up your knees

9. Most movement when doing flutter kicks are ...
 - a. in the knees
 - b. in the lower back
 - c. in the hips

10. Ab and lower back muscles are also known as 'core' muscles. True or False

