



Watch Juice and Toya no equipment full body workout here > youtube.com/watch?v=Q2cMMnUuKYQ

Answer these questions about the video to test comprehension and your knowledge of exercise.

1. The exercises in this video are repeated for 2 sets. True or False
2. The focus is to do each exercise at 4 sets of 10 reps. True or False
3. Modifications options are shown in the video. True or False
4. The 'BIRD DOG' exercise needs balance and stability. True or False

5. What 3 areas are targeted with this video?

- a. ABS - Lower Back - Pecs
- b. Upper - Lower - Core
- c. Legs - Arms - Shoulders

6. 'Time Under Tension' means the move is what?

- a. Fast and how many you can do
- b. Doing 10 or more
- c. Using time and not numbers to work muscle.

7. ISO means the objective of the exercise is to what?

- a. Move slowly and focus on stability
- b. Move fast and focus on muscle
- c. Hold and stay in a solid position

8. Sumo Squats are exercises for your...

- a. Shoulders
- b. Legs
- c. Arms



9. Single-Leg Hinge exercise is using a lot of....

- a. Upper body muscles
- b. Stability
- c. Speed



10. Leg Raises work your...

- a. Upper body (back)
- b. Lower body (legs)
- c. Core (abs)



 **LIVEWORKSHEETS**