



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

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

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.

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