

1. What type of exercise does the speaker do at the gym?

- A. Cardio workout
- B. Strength training
- C. Flexibility exercises
- D. High-intensity interval training

2. What weight does the speaker use for the deadlift with overhead press?

- A. 5 kg
- B. 10 kg
- C. 15 kg
- D. 20 kg

3. What does the speaker do after lifting the weight to their chest?

- A. Hold the weight for 10 seconds
- B. Lower the weight back to the floor
- C. Push the weight up above their head
- D. Repeat the exercise multiple times

4. Which part of the exercise does the speaker find the most challenging?

- A. Lifting the weight from the floor
- B. Holding the weight overhead
- C. Bending the knees to push the weight up
- D. Maintaining good form throughout the exercise

5. What does the speaker say about weightlifters' ability to perform this exercise?

- A. They cannot do it as well as the speaker
- B. They struggle to hold the weight overhead
- C. They do this exercise regularly with ease
- D. They use heavier weights than the speaker

6. What is the main purpose of the video transcript?

- A. To demonstrate a specific gym exercise
- B. To compare the speaker's fitness to weightlifters
- C. To provide tips for improving strength training
- D. To encourage viewers to try the deadlift with overhead press

7. What is the overall impression you get from the video transcript?

- A. The speaker is frustrated by the difficulty of the exercise
- B. The speaker is impressed by the skills of weightlifters
- C. The speaker is excited to continue this exercise routine
- D. The speaker is unsure about the benefits of this exercise