

FOR BETTER PHYSICAL TRAINING, 3 KINDS OF EXERCISE NECESSARY.

STRENGTH TRAINING

weight lifting
pull-ups
sit-ups

HEART TRAINING

walking
running
bicycling

FLEXIBILITY TRAINING

warm-up stretches
cool-down
stretches

- a) Strength training is the most important kind of physical training. It includes weight lifting, pull-ups, and sit-ups
- b) For better total physical training, do exercises like warm-up and cool-down stretches, sit-ups, and bicycling.
- c) For better physical training, a workout should have three kinds of exercises: Strength training, heart training, and flexibility training.