1. Why is warm up important for cardio-vascular exercise and what should be included in the warm up?
2. List and describe the 5 main training phases of cardio-vascular training.
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7. \_
8. Why should a heart rate monitor be worn by clients performing cardio-vascular exercise?
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11. \_
12. What should you consider in prescribing a Training Heart Rate Zone (THRZ)?
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15. \_
16. \_
17. Without conducting a maximal heart rate test, what is the most effective way of establishing a client’s training heart rate zone (THRZ)for each training phase?
18. Why is it important to cool down after cardio-vascular exercise?