1. List the ideal repetition ranges and rest periods for the following training phases:

*Rep Range Rest Period*

1. Hypertrophy -
2. Power (Strength emphasis) -
3. Endurance -
4. Strength -
5. What is an effective warm-up for each of a hypertrophy and a strength training set?
6. Why is exercise specificity important?
7. What range of motion should be used in most resistance training exercises?
8. Why is the eccentric contraction in resistance training exercises important for weight loss?
9. What is ‘Progressive Overload’ and why is it important?
10. How is cardio-vascular fitness improved by a resistance training program?
11. Why is exercise order important?
12. List 6 resistance training variables that can be used to change training intensity.
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19. What physiological changes take place when short rest periods are used?
20. List 7 exercises that could make up a balanced full-body resistance training program.
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