

Fit Quiz 7

Exercise requires the body to dip into its stores of fuel, namely:

- Oxygen and sweat
- Glycogen and Fat
- Lean mass and water
- Muscle and nervous system

Anaerobic metabolism refers to a series of chemical reactions in the body that:

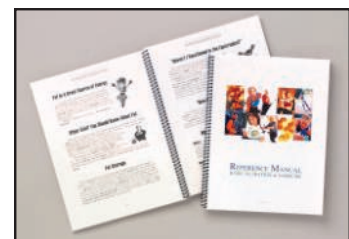
- Do not require oxygen
- Do not require sunlight
- Do not require water
- Do not require glycogen

High levels of Lactic Acid in the muscle and blood can result in:

- A more powerful workout
- Muscular fatigue and soreness
- Better digestion
- Immediate increase in energy and stamina

Basketball, Tennis, Football, Volleyball and Alpine Skiing are Anaerobic :

- True
- False



Get all the answers. Ask your fitness professional about the Reference Manual.

Ask a Fit Pro!