Chapter 6  Aerobic Exercise

Based on information found in Chapter 6 of the Reference Manual

1.)  **Spot reducing works only if:**
   - [ ] You use the “Thigh-Master” and Suzanne Somers Workout Video
   - [ ] You workout the same “spot” everyday
   - [ ] Applied toward thighs or abdominal areas
   - [ ] None of the above – Spot reducing is a myth

2.)  **The body’s ability to breakdown sugar in the presence of oxygen is known as:**
   - [ ] Ketosis
   - [ ] Lactic Acid
   - [ ] Aerobic Glycolysis
   - [ ] Anaerobic Glycolysis

3.)  **During aerobic glycolysis, oxygen inhibits**
   - [ ] The accumulation of sweat
   - [ ] The accumulation of fat
   - [ ] The accumulation of lactic acid

4.)  **In general, during aerobic glycolysis (continuous activity) the muscles and liver will supply glycogen:**
   - [ ] From 3 to 20 minutes
   - [ ] From 4 to 6 hours
   - [ ] From 6 to 12 hours

5.)  **Fat stores can fuel hours of exercise without running out and is, therefore, theoretically an unlimited source of energy:**
   - [ ] True
   - [ ] False

6.)  **After exercise has ceased:**
   - [ ] Fat burning will immediately stop
   - [ ] Fat burning may continue at an accelerated rate for some time (up to 4-6 hours)
   - [ ] Fat will be converted into lean muscle mass

7.)  **Fat can only be broken down in the presence of oxygen:**
   - [ ] True
   - [ ] False
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8.) In general, the preferred methodology for people interested in fat-loss is:
   - Frequent sessions of long duration and consistent exercise
   - Six 100-yard sprints each day
   - Spot-reducing in specific areas of fat accumulation

9.) For most people, the most efficient fat-burning takes place when they are:
   - In the sauna
   - In Their Target Heart Rate Zone
   - Eating thermogenic foods
   - Spot reducing

10.) To maximize efficient fat-burning metabolism, your activities should involve:
    - Only abdominal exercises
    - Only upper body movements
    - Only lower body exercises
    - As many muscle groups as possible

Notes: