

Fitness Lessons Practice Test Questions and Answers

1. What is glycogen?

- A) The storage form of carbohydrates in muscles and liver
- B) A type of dietary fat
- C) A hormone that regulates blood sugar
- D) A form of stored protein

2. What is a 'drop set'?

- A) Performing a set to failure, then immediately reducing weight and continuing for more reps
- B) Dropping a weight accidentally
- C) Reducing reps each set while increasing weight
- D) Ending a workout early

3. What is cardiac output?

- A) The volume of blood pumped by the heart per minute
- B) The rate of oxygen absorption by muscles
- C) The volume of air inhaled per breath
- D) The heart's electrical activity

4. What is muscle atrophy?

- A) Loss of muscle mass due to disuse or lack of stimulation
- B) Increase in muscle fiber size
- C) Muscle soreness after training
- D) Increased muscle endurance

Answers: 1-A 2-A 3-A 4-A

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