

Weight Training Fact Finding & Reflection Worksheet

Instructions: Log on to www.exrx.net and answer the following questions. Answer the questions on this worksheet clearly and in depth. You will be asked to reflect on and write about the information you have found.

People:

1. List two authors and explain why each person is a valid source of information. (Why are they qualified?)
2. Does this information make this website a good reference for weight training information?

Glossary:

3. Define Compound verses Isolated exercises.
4. Explain what a target muscle is.
5. Describe a push exercise and a pull exercise.
6. Define:
 - a. Intensity
 - b. Duration
 - c. Frequency