

WEIGHT TRAINING QUIZ

List 5 safety rules of the weight room. **5mks**

- 1.
- 2.
- 3.
- 4.
- 5.

List an exercise that works the following muscle: **4mks**

Chest:

Legs:

Back:

Arms:

MATCHING 10mks

- A. Traps
- B. Calves
- C. Quads
- D. Biceps
- E. Shoulders
- F. Abs
- G. Lats
- H. Glutes
- I. Middle Back
- J. Chest

- ___ Rhomboids
- ___ Pectoralis
- ___ Latissimus Dorsi
- ___ Trapezius
- ___ Gastrocnemius
- ___ Deltoids
- ___ Quadriceps
- ___ Rectus Abdominus
- ___ Biceps Brachii
- ___ Gluteus Maximus & Medius

DEFINE: 4mks

Set:

Rep: