

## Exercise Identification Worksheet

Name:

Date:

Period:

Identify the following exercises as muscle strength or endurance, engaging fast-twitch or slow-twitch muscles, and which contraction is being used when applicable (may be multiple in one exercise). Explain your reasoning behind each answer.

### **Example: 20-minute bike ride**

1. Slow-twitch muscles and endurance exercise, both eccentric and concentric contractions.

2. Exercise lasted for an extended period of time at the same pace. This is also not a high intensity exercise and is an aerobic exercise. With each rotation of the peddles the leg muscles are constantly switching between concentric and eccentric contraction depending on the main muscle being used.

30-minute jog (65% max speed):

- 1.
- 2.

Bench press: 3x12 50% max:

- 1.
- 2.

Bicep curls: 3x8 medium weight:

- 1.
- 2.

Box jumps: 6in 2x15 single leg, 8in 2x15 single leg, 12in 2x20 double leg

- 1.
- 2.

Depth jumps: 12in box drop to squat and jump straight up 3x8

- 1.
- 2.

Dumbbell lunges: 5x15 each leg

- 1.
- 2.

Front row: 3x10 medium weight

- 1.
- 2.

Glute raise: 3x5 single leg, each leg

- 1.
- 2.

Plank: 3x45 sec

- 1.
- 2.

Pushups: 3x15

- 1.
- 2.

Sit-ups: 2x25

- 1.
- 2.

Sprint-jog intervals around the track (sprint 50m, jog 50m) repeat for 1 mile before resting for 2 minutes, complete 2 miles

- 1.
- 2.

Squat press: 2x15 50% max

- 1.
- 2.