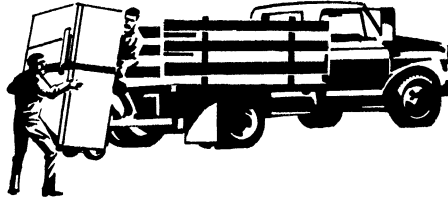
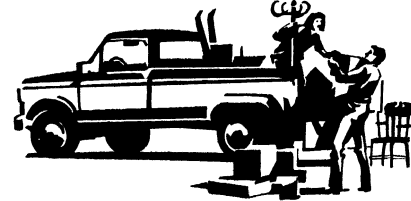


Application**APPLY SOME MUSCLE****12**

1. Look at the following pictures. Decide whether endurance, strength, cardiovascular fitness, or some combination of the three is needed for each activity. Write the type (or types) of fitness needed in the space below each picture.



a. _____



d. _____



b. _____



e. _____



c. _____



f. _____

2. Read the following list of exercises. Mark an X in the blank for each exercise that builds muscular endurance.

- _____ a. Doing 2 sets of 25 push-ups
 _____ b. Lifting a 100-pound weight once
 _____ c. Jogging 3 miles
 _____ d. Holding your chin above a chin-up bar for a count of 16
 _____ e. Squeezing an old tennis ball for 3 sets of 8 repetitions