



About Training Multiple Choice Test

Question

What are the benefits of a good warm up before exercise.

- (A) wakes you up so you enjoy exercise more
- (B) prevents injuries and directs the blood to the muscles
- (C) improves flexibility and helps with lowering you heart rate

Question

How long should one warm up on the WaterRower?

- (A) occasionally
- (B) one minute
- (C) five to ten minutes
- (D) five to ten minutes, followed by stretching

Question

What is cooling down?

- (A) relaxing after exercise
- (B) exercising at a low intensity
- (C) the recovery workout after exercising

Question

Why is stretching so important?

- (A) it helps you to touch your toes
- (B) it improves range of movement and prevents muscle tears and strains
- (C) it helps lower the heart rate during the cool down

Question

To get the most out of any exercise program it is essential to have;

- (A) a balanced approach
- (B) a personal trainer
- (C) a clear understanding of what the exercise objectives are

Question

The benefits of regular aerobic exercise include;

- (A) improving strength
- (B) improving lung function, heart function and general blood circulation
- (C) improving well being and/or endurance
- (D) improving fitness
- (E) all of the above

Question

Improving general fitness is best achieved with what type of training?

- (A) anaerobic exercise
- (B) aerobic conditioning
- (D) resistance training

Question

What is meant by the term fat burning?

- (A) burning fat as the main energy source with low intensity exercise
- (B) losing weight
- (C) burning calories with exercising

WaterRower



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Question

Interval training is;

- (A) rowing at high intensities for short periods, followed by low intensity recovery periods
- (B) designed to use the muscles more
- (C) rowing at low intensities for short periods, followed by high intensity recovery periods
- (D) long high intensity training

Question

Which is an example of Pyramid training.

- (A) 1min hard, 1min light repeat x 10
- (B) 1min at stroke rate(SR) 22, 2min at SR 24, 3min at SR 26, 2min at SR 28 and 1min at SR 30.
- (C) 5minutes at stroke rate 24 and 5minutes at SR 26

Question

M.H.R stands for;

- (A) Measured Heart Rate
- (B) Maximum Heart Rate
- (C) Minimum Heart Rate

Question

What is the equation used to measure the M.H.R for a female?

- (A) $226 - \text{age}$
- (B) $220 - \text{resting heart rate} \times \text{age}$
- (C) $220 - \text{age} \times (\text{maximum heart rate} - \text{resting heart rate})$

Question

Which of the following is an alternative to the HR method for monitoring exercise intensity?

- (A) perceived level of exertion
- (B) blood pressure
- (C) breathing rate
- (D) resting heart rate

Question

What is one of the best ways to monitor ones progress?

- (A) Training Log
- (B) Regular blood pressure readings
- (C) Weight measurement

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