

Physical training principles

1. True or False? If it is false, please correct it.

- (1) In order to improve our health, we should maintain the same training amount, no need to change.
- (2) It's difficult to plan our training. For this, we can just follow some athletes, or youtubers.
- (3) If I like playing football, I just play football. I don't need other types of training, for example, swimming or basketball.
- (4) A recuperation period of from 24 hours to 48 hours is necessary for some intense aerobic exercise.
- (5) Summer is coming. I should focus on some training for my slim legs.
- (6) We must do workouts everyday. We shouldn't take a break.
- (7) We should do some other training beyond aerobic training as we need to practice different muscles.

2. Answer the following questions based on the text.

- (1) What's the difference between aerobic and anaerobic exercise?
- (2) Why do we need a recuperation period after exercise?
- (3) Why do we need to make sure we have continuity of exercise?
- (4) What would happen if we only focus on training for our biceps or slim legs.

3. Talk about your exercise training habits.

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