

Home Fitness: Power Groups

Your Name:

1. Which three power groups are essential for home fitness?

- ☐ A. Pilates, Running, Swimming
 - ☐ B. Yoga, Weight Lifting, Cardio
 - ☐ C. Dancing, Stretching, Aerobics
 - ☐ D. Martial Arts, Jogging, Gymnastics
-

2. What is the primary email contact for Blog Quiz Shop?

3. A balanced workout aims to combine only one type of exercise.

- ☐ A. True
 - ☐ B. False
-

**4. Yoga improves flexibility, while weight lifting builds
..... and strength.**

5. Match the fitness type with its essential home equipment.

1. Weight Lifting A. Dumbbells
2. Yoga B. Jump Rope
3. Cardio C. Yoga Mat
-

6. What is the recommended minimum space for a standard yoga mat and safe movement?

- ☐ A. 30 sqft
- ☐ B. 10 sqft
- ☐ C. 21 sqft
- ☐ D. 5 sqft
-

7. Name one optional prop that can be used for yoga.

8. Resistance bands are not versatile for home weight lifting.

- ☐ A. True
- ☐ B. False
-

9. Jumping jacks are a classic, full-body cardio move that requires only open space.

10. Match the cardio exercise with its main characteristic.

- | | | |
|-------------------|----------------------|--|
| 1. | | |
| Mountain Climbers | <input type="text"/> | A. Drive knees rapidly toward chest |
| 2. | | |
| Burpees | <input type="text"/> | B. Start in a plank position and alternate knee drives |
| 3. | | |
| High Knees | <input type="text"/> | C. Combines a squat, jump, and push-up |
-

11. Which type of dumbbell offers space savings and a wide range of weight options?

- ☐ A. Vinyl dumbbells
- ☐ B. Rubber dumbbells
- ☐ C. Fixed dumbbells
- ☐ D. Adjustable dumbbells
-

12. For home cardio, what equipment offers a lower-impact alternative to a treadmill?

13. A power rack is critical for safely performing heavy lifts like squats and overhead presses.

- ☐ A. True
- ☐ B. False
-

14. Kettlebells are great for movements that challenge strength, endurance, and coordination.

15. Match the exercise type with its primary benefit.

- | | | | |
|---------|-------------|---------------------------|--|
| 1. | | | |
| Weight | <div></div> | A. Improves flexibility | |
| Lifting | | | |
| 2. | | | |
| Yoga | <div></div> | B. Builds muscle strength | |
| | | | |
| 3. | | | |
| Cardio | <div></div> | C. Keeps heart healthy | |
| | | | |
-

16. Which benefit is associated with regular yoga practice?

- ☐ A. Decreased balance
 - ☐ B. Improved flexibility
 - ☐ C. Increased stress
 - ☐ D. Reduced circulation
-

17. What country did yoga originate from?

18. Yoga only focuses on physical postures.

- ☐ A. True
 - ☐ B. False
-

19. The Sanskrit root 'yuj' in yoga means to or to bind.

20. Match the yoga pose with one of its main benefits.

- | | | |
|-----------------------|---|--------------------------|
| 1.
Child's
Pose | <div style="border: 1px solid black; width: 300px; height: 30px; display: inline-block;"></div> | A. Promotes focus |
| 2.
Downward
Dog | <div style="border: 1px solid black; width: 300px; height: 30px; display: inline-block;"></div> | B. Calms the mind |
| 3.
Warrior
II | <div style="border: 1px solid black; width: 300px; height: 30px; display: inline-block;"></div> | C. Relaxes body and mind |
-

21. What is crucial for space safety in a home fitness area?

- ☐ A. Having many mirrors
 - ☐ B. Having loud music playing
 - ☐ C. Keeping equipment in the hallway
 - ☐ D. Ensuring enough room for activities
-

22. What should be ensured about the floor in a home fitness space, especially for gym equipment?

23. Setting realistic fitness goals can help keep you motivated.

- ☐ A. True
 - ☐ B. False
-

24. Changing your workout routine often can challenge different muscles and prevent

25. Which of these is a no-equipment cardio option?

- ☐ A. Treadmill
 - ☐ B. Jumping jacks
 - ☐ C. Stationary bike
 - ☐ D. Rowing machine
-

26. Name one example of equipment-based cardio.

27. HIIT focuses on long, low-intensity exercise sessions.

- ☐ A. True
 - ☐ B. False
-

28. For a gentler cardio option, you can maintain a intensity pace for 15-30 minutes.

29. What is highly versatile and effective for both isolation and full-body exercises in weight training?

- ☐ A. Dumbbells
 - ☐ B. Cable machines
 - ☐ C. Power racks
 - ☐ D. Selectorized dumbbells
-

30. What type of exercises work multiple muscles at once, leading to more muscle growth in less time?

31. Free weights tend to recruit fewer total muscle fibers due to less stabilization required.

- ☐ A. True
 - ☐ B. False
-

32. Machines are optimal for a specific muscle.

33. What is the primary benefit of the yoga pose Savasana (Corpse Pose)?

- ☐ A. Improves balance
 - ☐ B. Strengthens legs
 - ☐ C. Deep relaxation
 - ☐ D. Stretches hamstrings
-

34. What types of fabrics are recommended for yoga clothing?

35. Yoga mats are primarily for decoration in a home fitness setup.

- ☐ A. True
 - ☐ B. False
-

36. Yoga blocks help with and reaching the floor in difficult positions.

37. What is a main benefit of combining yoga, weight lifting, and cardio?

- ☐ A. Quick boredom with the routine
 - ☐ B. Focus on one muscle group only
 - ☐ C. Increased risk of injury
 - ☐ D. Enhanced overall fitness
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38. What is one simple tool for resistance training that doesn't need much space at home?

39. A balanced workout regimen stops overworking any single muscle group.

- ☐ A. True
 - ☐ B. False
-

40. Warm up with dynamic stretching or light movement
..... every workout.
