

Quiz 6 / Answers

Aerobic Activity

1.) Spot reducing works only if:

- You use the “Thigh-Master” and a Workout Video
- You workout the same “spot” everyday
- Applied toward thighs or abdominal areas
- **None of the above – Spot reducing is a myth**

2.) The body’s ability to breakdown sugar in the presence of oxygen is known as:

- Ketosis
- Lactic Acid
- **Aerobic Glycolysis**
- Anaerobic Glycolysis

3.) During aerobic glycolysis, oxygen inhibits

- The accumulation of sweat
- The accumulation of fat
- **The accumulation of lactic acid**

4.) In general, during aerobic glycolysis (continuous activity) the muscles and liver will supply glycogen:

- **From 3 to 20 minutes**
- From 4 to 6 hours
- From 6 to 12 hours

5.) Fat stores can fuel hours of exercise without running out and is, therefore, theoretically an unlimited source of energy:

- True
- False

6.) After exercise has ceased:

- Fat burning will immediately stop
- Fat burning may continue at an accelerated rate for some time (up to 4-6 hours)
- Fat will be converted into lean muscle mass

7.) Fat can only be broken down in the presence of oxygen:

- False
- True

8.) In general, the preferred methodology for people interested in fat-loss is:

- Frequent sessions of long duration and consistent exercise
- Six 100-yard sprints each day
- Spot-reducing in specific areas of fat accumulation

9.) For most people, the most efficient fat-burning takes place when they are:

- In the sauna
- In Their Target Heart Rate Zone
- Eating thermogenic foods
- Spot reducing

10.) To maximize efficient fat-burning metabolism, your activities should involve:

- Only abdominal exercises
- Only upper body movements
- Only lower body exercises
- **As many muscle groups as possible**