

# Chapter 6 Aerobic Exercise

Based on information found in Chapter 6 of the Reference Manual

- 1.) **Spot reducing works only if:**
  - You use the "Thigh-Master" and Suzanne Somers 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:**
  - True
  - False

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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

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