

# ELTE Workout quiz 178

**1. ELTE Workout quiz 178**

She held a \_\_\_\_\_ for 60 seconds to strengthen her core and improve stability.  
(an exercise where you hold your body straight and still)

1 POINT

- (A) squat
- (B) plank
- (C) lunge

**2.** We did three sets of \_\_\_\_\_ to build strength in our thighs and glutes.  
(an exercise where you bend your knees as if sitting down)

1 POINT

- (A) squats
- (B) pull-ups
- (C) bicep curls

**3.** He could only do five \_\_\_\_\_ before his arms became too tired.  
(an exercise where you lower and raise your body using your arms)

1 POINT

- (A) lunges
- (B) push-ups
- (C) jumping jacks

**4.** The trainer asked us to walk across the gym while performing \_\_\_\_\_.  
(an exercise where you step forward and bend both knees)

1 POINT

- (A) Russian twists
- (B) lunges
- (C) planks

- 5.** We started the warm-up with \_\_\_\_\_ to raise our heart rate quickly.  
(an exercise involving jumping while moving your arms and legs apart and together)

1 POINT

- (A) jumping jacks
- (B) deadlifts
- (C) pull-ups

- 6.** During the HIIT session, we performed \_\_\_\_\_ by bringing our knees rapidly towards our chest in a plank position.  
(an exercise that mimics climbing a mountain)

1 POINT

- (A) mountain climbers
- (B) tricep dips
- (C) deadlifts

- 7.** He improved his upper-body strength by practising \_\_\_\_\_ on the bar every week.  
(an exercise where you pull your body up until your chin reaches a bar)

1 POINT

- (A) pull-ups
- (B) high knees
- (C) lunges

- 8.** To strengthen our oblique muscles, we finished the workout with \_\_\_\_\_.  
(a seated exercise involving twisting from side to side)

1 POINT

- (A) push-ups
- (B) Russian twists
- (C) jumping jacks

- 9.** During the stretching routine, we moved into \_\_\_\_\_ to stretch our hamstrings, calves, and shoulders.  
(a yoga pose that forms an inverted V-shape)

1 POINT

- (A) Downward-Facing Dog
- (B) Warrior II Pose
- (C) burpees

**10.** The instructor asked us to hold \_\_\_\_\_ to improve balance, focus, and leg strength.  
(a yoga pose with one leg bent and arms extended)

1 POINT

- (A) Russian twists
- (B) Warrior II Pose
- (C) jumping jacks

**11.** She grabbed a pair of \_\_\_\_\_ and performed bicep curls to strengthen her arms.  
(a piece of gym equipment consisting of a short bar with a weight at each end)

1 POINT

- (A) planks
- (B) dumbbells
- (C) resistance bands

**12.** She ran on the \_\_\_\_\_ for 20 minutes to improve her cardiovascular fitness.  
(a machine used for walking or running indoors)

1 POINT

- (A) rowing machine
- (B) treadmill
- (C) resistance bands

**13.** He trained on the \_\_\_\_\_ to work both his upper body and endurance by simulating rowing a boat.  
(a machine that mimics rowing movements)

1 POINT

- (A) treadmill
- (B) resistance bands
- (C) rowing machine

**14.** The coach used \_\_\_\_\_ to add tension during squats and make the exercise more challenging.  
(elastic bands used to increase resistance in movement)

1 POINT

- (A) resistance bands
- (B) treadmill
- (C) rowing machine

**15.** She used a \_\_\_\_\_ rope as part of her warm-up to quickly raise her heart rate.

1 POINT

- (A) rowing
- (B) skipping
- (C) resistance

**16.** [ELTE Match Game](#)

Study this set of words: [ELTE Flashcards-Workout](#)

0 POINTS

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## 1. ELTE Workout quiz 178

She held a \_\_\_\_\_ for 60 seconds to strengthen her core and improve stability.  
(an exercise where you hold your body straight and still)

1 POINT

- A squat
- B plank
- C lunge

**i** plank: an exercise where you support your body in a straight position to strengthen the core.

2. We did three sets of \_\_\_\_\_ to build strength in our thighs and glutes.  
(an exercise where you bend your knees as if sitting down)

1 POINT

- A squats
- B pull-ups
- C bicep curls

**i** squat: an exercise where you lower your body by bending your knees, strengthening the legs and glutes.

3. He could only do five \_\_\_\_\_ before his arms became too tired.  
(an exercise where you lower and raise your body using your arms)

1 POINT

- A lunges
- B push-ups
- C jumping jacks

**i** push-up: an exercise in which you push your body up and down from the floor using your arms.

4. The trainer asked us to walk across the gym while performing \_\_\_\_\_.  
(an exercise where you step forward and bend both knees)

1 POINT

- A Russian twists
- B lunges
- C planks

i lunges: an exercise involving a large step forward and bending both knees to strengthen the legs and improve balance.

5. We started the warm-up with \_\_\_\_\_ to raise our heart rate quickly.  
(an exercise involving jumping while moving your arms and legs apart and together)

1 POINT

- A jumping jacks
- B deadlifts
- C pull-ups

i jumping jack: a cardio exercise where you jump while spreading and closing your arms and legs.

6. During the HIIT session, we performed \_\_\_\_\_ by bringing our knees rapidly towards our chest in a plank position.  
(an exercise that mimics climbing a mountain)

1 POINT

- A mountain climbers
- B tricep dips
- C deadlifts

i mountain climber: a cardio exercise performed in a plank position while alternately driving the knees towards the chest.

7. He improved his upper-body strength by practising \_\_\_\_\_ on the bar every week.  
(an exercise where you pull your body up until your chin reaches a bar)

1 POINT

- A pull-ups
- B high knees
- C lunges

i pull-ups: an exercise where you lift your body by pulling yourself up on a horizontal bar.

8. To strengthen our oblique muscles, we finished the workout with \_\_\_\_\_.  
(a seated exercise involving twisting from side to side)

1 POINT

- A push-ups
- B Russian twists
- C jumping jacks

i Russian twists: an abdominal exercise in which you twist your torso from side to side.

9. During the stretching routine, we moved into \_\_\_\_\_ to stretch our hamstrings, calves, and shoulders.  
(a yoga pose that forms an inverted V-shape)

1 POINT

- A Downward-Facing Dog
- B Warrior II Pose
- C burpees

i Downward-Facing Dog: a yoga pose in which the body forms an inverted V-shape, stretching several muscle groups.

10. The instructor asked us to hold \_\_\_\_\_ to improve balance, focus, and leg strength.  
(a yoga pose with one leg bent and arms extended)

1 POINT

- A Russian twists
- B Warrior II Pose
- C jumping jacks

i Warrior II Pose: a yoga posture that strengthens the legs while improving balance and concentration.

11. She grabbed a pair of \_\_\_\_\_ and performed bicep curls to strengthen her arms.  
(a piece of gym equipment consisting of a short bar with a weight at each end)

1 POINT

- A planks
- B dumbbells
- C resistance bands

i dumbbells: a short bar with a weight on each end that you lift up and down to make your arm and shoulder muscles stronger.

**12.** She ran on the \_\_\_\_\_ for 20 minutes to improve her cardiovascular fitness.  
(a machine used for walking or running indoors)

1 POINT

- A rowing machine
- B treadmill
- C resistance bands

**i** treadmill: a machine used for running or walking indoors at adjustable speeds.

**13.** He trained on the \_\_\_\_\_ to work both his upper body and endurance by simulating rowing a boat.  
(a machine that mimics rowing movements)

1 POINT

- A treadmill
- B resistance bands
- C rowing machine

**i** rowing machine: a fitness machine that simulates the motion of rowing and works the full body.

**14.** The coach used \_\_\_\_\_ to add tension during squats and make the exercise more challenging.  
(elastic bands used to increase resistance in movement)

1 POINT

- A resistance bands
- B treadmill
- C rowing machine

**i** resistance bands: elastic bands used in training to add resistance and improve strength and flexibility.

**15.** She used a \_\_\_\_\_ rope as part of her warm-up to quickly raise her heart rate.

1 POINT

- A rowing
- B skipping
- C resistance

**i** skipping rope: a rope used for skipping (jumping over it repeatedly) to improve cardiovascular fitness, coordination, and endurance.

**16.** [ELTE Match Game](#)

Study this set of words: [ELTE Flashcards-Workout](#)

0 POINTS