

## Follow up questions:

1. What is one, consistent way you have been able to maintain physical activity during this time off?
2. From the above workout, what is an exercise or movement that develops your muscular endurance?
3. From the above workout, what is an exercise or movement that develops your cardiovascular endurance?
4. Calculate your resting heart rate (RHR) before you begin and record. At two separate times, calculate your heart rate during the workout and record. Lastly, when you are complete, record your heart rate again and observe how long it takes to return to within 10 beats per minute (bpm) of your beginning resting heart rate.