

This week's name for the "Name Game" workout:

"David Darst"

Follow up questions:

1. Define physical fitness.
2. What is the difference between "physical fitness" and "physical activity"?
3. There are five basic components of physical fitness you need to consider when exercising or performing activity. Can you name them?
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.