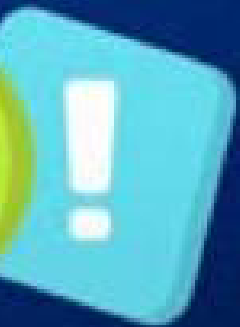


SATISH CHANDRA MEMORIAL SCHOOL



FIT India Quiz?  

Which of the following is an example of cardiovascular exercise? A) Weightlifting b) Swimming c) Yoga d) Stretching

Which muscle group is targeted by squats? A) Biceps b) Quadriceps c) Hamstrings d) Triceps

What is the recommended duration for moderate intensity aerobic exercise per week?

A) 30 minutes b) 60 minutes c) 90 minutes d) 120 minutes

Which macronutrient is the primary source of energy for the body? A) Protein b) Fat c) Carbohydrate d) Fiber

What is the recommended daily water intake for adults? A) 1 liter b) 2 liters c) 3 liters d) 4 liters

Which type of exercise helps improve flexibility? A) Running b) Weightlifting c) Yoga d) High-intensity interval training (HIIT)

Which of the following is a compound exercise?

- A) Bicep curls
- b) Tricep dips
- c) Bench press
- d) Calf raises

Which type of exercise helps improve muscular endurance? A) High-intensity interval training (HIIT) b) Pilates c) Weightlifting d) Tai Chi

Which muscle group is targeted by push-ups?
A) Hamstrings b) Glutes c) Chest d) Calves

Which of the following is a sign of overtraining? A) Increased strength and endurance b) Restful sleep and reduced stress levels c) Persistent fatigue and decreased performance d) Improved mood and energy levels