

# CARDIOVASCULAR TRAINING – Review



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**T**his exciting and interesting Review is based on the 3 Articles that we wrote on Cardiovascular Training in the last 3 issues of Rural Route Magazine. If you do not have these issues

(May, June, and July/August), we have them in our stores in Listowel and Fergus. Call 1-800-695-7338 or email us at [info@leggefitness.com](mailto:info@leggefitness.com) to receive these back copies. Anyone completing the Review with a score

of 80% or higher will receive a \$75 Gift Card for 'LEGGE FITNESS SUPERSTORES' free of charge. Some questions you might have to think about. Have fun!

## Part A – TRUE or FALSE: (Circle either T or F)

- Cardiovascular training has become a worldwide practice over the last 40 years. **T F**
- In the 1960's heart patients were often kept in bed for weeks or even months after having a heart attack. **T F**
- A good cardiovascular program will increase a person's resting heart rate. **T F**
- The two best doctors in the world are your right and left arm. **T F**
- Most of what is going on in the body is controlled by the conscious mind. **T F**
- Mental and emotional stress puts a burden on the subconscious mind. **T F**
- In the 1970's cardiologists started getting heart patients out of bed sooner. **T F**
- The cardiac muscle does not need exercise like the skeletal muscles do. **T F**
- The cardiac muscle needs rest to get stronger. **T F**
- A cardiovascular program can reduce resting heart rate by 25 beats per minute. **T F**
- Most people have a health and fitness potential that is much lower than they realize. **T F**
- With a good cardio program 10 million beats can be saved each month on the heart muscle. **T F**
- The famous saying is, "The two best doctors in the world are your right leg and your left leg." **T F**
- Most of what is going on in the body is controlled by the subconscious mind. **T F**
- Treadmills and ellipticals are both weight bearing fitness products that provide a good cardiovascular workout. **T F**
- The repetitious movement of walking puts the body into the state of "rest and repair." **T F**
- Many people have found that walking does not improve mental and emotional health. **T F**
- A 20 year old has a maximum heart rate of 180 beats per minute. **T F**
- A 40 year old has a maximum heart rate of 180 beats per minute. **T F**
- A person in good health would normally exercise between 65% and 85% of their maximum heart rate. **T F**
- Cardiovascular products should exercise only the lower body. **T F**
- Interval Training means exercising the lower body one day, and the upper body the next day. **T F**
- Accurate fitness tests can only be done with quality fitness products. **T F**
- Recovery time is how quickly the pulse returns to normal after exercise. **T F**

## Part B – MULTIPLE CHOICE: (Circle only the answer which most accurately completes the statement)

- Cardiovascular training has been a worldwide practice over the last ...  
A) 10 years  
B) 20 years  
C) 40 years  
D) 100 years
- Before the 1970's heart patients were kept in bed for long periods of time to supposedly ...  
A) Rest the heart muscle  
B) Prevent another heart attack  
C) Give the heart time to heal  
D) All of the above
- Most people have a health and fitness potential that is ...  
A) Lower than they realize  
B) Higher than they realize  
C) Close to what they are experiencing  
D) None of the above
- A good cardiovascular program can reduce a person's resting heart rate by up to ...  
A) 10 beats per minute  
B) 25 beats per minute  
C) 50 beats per minute  
D) None of the above
- The subconscious mind is responsible for ...  
A) What we think about  
B) What we say  
C) Our decisions  
D) None of the above
- A person's maximum heart rate is ...  
A) 220 plus their age  
B) 200 minus their age  
C) 220 minus half their age  
D) 220 minus their age
- A healthy individual would normally exercise between ...  
A) 65% and 85% of their maximum heart rate  
B) 50% and 70% of their maximum heart rate  
C) 90% and 100% of their maximum heart rate  
D) None of the above
- The conscious mind is responsible for ...  
A) Controlling the digestive process  
B) Regulating the quantity and quality of hormones  
C) Our thoughts, words and actions  
D) Keeping our heart and lungs pumping while we sleep
- One of the best medicines for the subconscious mind is ...  
A) A healthy diet  
B) Walking  
C) Drugs  
D) Relaxation
- Chronic long-term stress causes the subconscious mind to ...  
A) Elevate the heart rate  
B) Lower the heart rate  
C) Not regulate bodily functions properly  
D) None of the above
- A healthy 30 year old training between 65% and 85% would be between ...  
A) 130 and 170 beats per minute  
B) 123 and 161 beats per minute  
C) 117 and 153 beats per minute  
D) 140 and 180 beats per minute
- The weight bearing cardiovascular products are ...  
A) Rowers  
B) Recumbent bikes  
C) Treadmills and ellipticals  
D) Bikes

13. A variety of cardiovascular products should be used to ...
- A) Exercise the upper body, core and lower body
  - B) Keep the workouts fun and exciting
  - C) Challenge the 400+ muscles and 200+ joints in different positions
  - D) All of the above
14. A person should wear a heart rate transmitter ...
- A) To perform accurate fitness tests
  - B) To monitor their pulse
  - C) To do heart-rate controlled workouts
  - D) All of the above
15. A fitness test means ...
- A) Exercising between 65% and 85% of your maximum heart rate
  - B) Recording your recovery time
  - C) Recording speed, resistance, duration and pulse when you are done
  - D) Doing interval training
16. The best cardiovascular products for the upper body and core are ...
- A) Treadmills and ellipticals
  - B) Recumbent cycles and ellipticals
  - C) Rowers and upright cycles
  - D) Ellipticals and rowers


### Part C – FILL IN THE BLANKS:

Cardiovascular training has become a worldwide practice over the last \_\_\_\_\_ years. As recently as the \_\_\_\_\_ heart patients were kept in bed for weeks and often for \_\_\_\_\_ after having a heart attack. Many heart patients died in \_\_\_\_\_, or if they did recuperate they did not participate in an \_\_\_\_\_ lifestyle.

This all began to change in the \_\_\_\_\_ because there was more research into \_\_\_\_\_ programs. Cardiologists began getting heart patients out of bed \_\_\_\_\_ after their heart attack, and started them on a graduated walking program. Within a \_\_\_\_\_ months many patients were walking \_\_\_\_\_ miles a day, and were in much better \_\_\_\_\_ than before their heart attack. They discovered that the heart needs \_\_\_\_\_ and appropriate \_\_\_\_\_ to be strong and function \_\_\_\_\_. If the heart does not get \_\_\_\_\_ exercise it will \_\_\_\_\_ and weaken just like any other muscle in the body.

It was discovered that a good cardiovascular program could reduce a person's \_\_\_\_\_ heart rate by up to 25 beats per \_\_\_\_\_. That translates into \_\_\_\_\_ beats per hour, or 36,000 beats per \_\_\_\_\_. In one month over 1 \_\_\_\_\_ beats can be saved on the heart \_\_\_\_\_. This is one of the greatest \_\_\_\_\_ extension programs available. The \_\_\_\_\_ best doctors in the world are your \_\_\_\_\_ leg and your left \_\_\_\_\_. Walking is an effective way to improve \_\_\_\_\_ health, and also mental and \_\_\_\_\_ health as well. The repetitious \_\_\_\_\_ of walking puts the body into the parasympathetic \_\_\_\_\_, which is the state of "\_\_\_\_\_ and \_\_\_\_\_". Walking for 20 \_\_\_\_\_ or more each day allows the \_\_\_\_\_ mind, and the subconscious \_\_\_\_\_ to relax, and to be able to deal with things that cause \_\_\_\_\_ more effectively.

Treadmills and \_\_\_\_\_ are weight bearing, and \_\_\_\_\_ cycles, rowing \_\_\_\_\_, and upright \_\_\_\_\_ are not weight bearing. Quality \_\_\_\_\_ products will monitor your \_\_\_\_\_ level, and also perform \_\_\_\_\_ tests for the individual. A fitness test is as simple as recording your \_\_\_\_\_, resistance, \_\_\_\_\_ duration, and your heart \_\_\_\_\_ when you are done. It is important to use all 5 cardiovascular products in your fitness program to properly exercise your \_\_\_\_\_ body, core or \_\_\_\_\_, and your \_\_\_\_\_ body. All the \_\_\_\_\_ muscles and \_\_\_\_\_ joints need regular and \_\_\_\_\_ exercise. Also, the \_\_\_\_\_ of products keeps your workouts fun and \_\_\_\_\_.

In our next article in the October Rural Route we will be talking about the cleansing and detoxification benefits of an infrared sauna, and a M.E.D. Therapy Spa. 

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