



Work Out/Exercises 4-24-26

1. Trivia Question: Practiced in a hot room, or outside with goats, or inside with soothing music, what spiritual discipline is practiced by many people interested in building their fitness?
Answer : **Yoga**
2. Trivia Question: What full-body workout makes you feel like you're gliding across the water, even if you're stuck in the gym?
Answer: **Rowing**
3. Trivia Question: What exercise involves assuming the push-up position, and holding that position for a certain length of time?
Answer: **Plank**
4. Trivia Question: What exercise combines a squat, a pushup, and a jump in the air?
Answer: **Burpee**
5. Trivia Question: You look like a star fish and a pencil all in one motion in this exercise.
Answer: **Jumping Jack**
6. Trivia Question: Near the top of Peloton's top five songs of 2021 was "Smells Like Teen Spirit" by what harmonious '90s indie rock band?
Answer: **Nirvana**
7. Trivia Question: Inspired by a long-distance event in the 1896 Summer Olympics, what famous American race takes place annually in Massachusetts in April on Patriot's Day?
Answer: **Boston Marathon**
8. Trivia Question: Who is the eccentric and energetic American fitness guru in the 80s who has made numerous aerobics videos?
Answer: **Richard Simmons**
9. Trivia Question: What workout feels more like a night out dancing than time at the gym?
Answer: **Zumba**
10. Trivia Question: What exercise is performed lying on a bench while pressing a weighted bar upward from your chest?
Answer: **Bench press**
11. Trivia Question: I am a cannonball with a handle, and my name sounds like a type of popcorn.
Answer: **Kettlebell**
12. Trivia Question: You can plank as you do these, or bend your knees to the ground if planking is too hard.
Answer: **Push-Ups**
13. Trivia Question: Despite the name, nothing here is lifeless—you just pick something heavy up from the ground, straighten up, hoping your back agrees with your decision.
Answer: **Deadlift**
14. Trivia Question: A great workout can make you feel great physically and mentally, in part b/c of what "feel good" hormones get released by your nervous system?
Answer: **Endorphins**
15. Trivia Question: Which DC superhero gives his name to an exercise that involves lying face down and lifting the chest and legs off the ground simultaneously?
Answer: **Superman**
16. Trivia Question: What popular gym club, founded in 1992 in New Hampshire, features a logo of a gear with a hand offering a thumbs up? You may be able to get a workout that is out of this world.
Answer: **Planet Fitness**
17. Trivia Question: What S term describes running as fast as your can over a short distance?
Answer: **Sprint**
18. Trivia Question: Also a Marvel superhero, what name is given to the long-distance races which consists of a 2.4-mile swim, a 112-mile bike ride and 26.22 mile run?
Answer: **Ironman**
19. Trivia Question: Back in 1913 it was called a training machine. A stationary moving road to run a long distance at home is now known as?
Answer: **Treadmill**
20. Trivia Question: Don't let the name fool you—this isn't about wrestling, but it does involve a wide stance and sitting low like you're guarding the dojo.
Answer: **Sumo squat**

BONUS:

Show me this gym tradition that involves flexing your arms, pointing dramatically, and pretending you're asking for directions to the beach?