

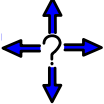
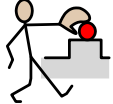







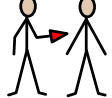

Watch the video







1     
1. What is the best way to get fit

2   
2. What does cardio improve?

3     
3. What will resistance training do?

4   
4. Why should you warm up?

5    
5. What muscles does the rowing machine work?