

**1. Read the text and answer the questions below:**

- A) What are the best exercises to reduce your blood pressure? Could the secret to lifelong health be ... staying still? It sounds counterintuitive, but in a recent study, researchers assessing 270 randomized controlled clinical trials (involving more than 15,000 participants) found that isometric exercises, in which muscles are working but remain motionless, were more effective than a range of other options for reducing blood pressure. The first obvious question is: why? To answer the first bit: isometric exercises are likely to cause the greatest increase in blood pressure during the exercise, when muscles are contracted and blood vessels narrow. When you stop doing them, of course, those same blood vessels relax – which leads to improved blood flow regulation in the long run.
- B) If you're looking to crank up the intensity of your workout, may we suggest adding plyometric exercises to your routine? These challenging moves can supercharge any session—plus provide some serious benefits in the process. Although you may not have heard the term plyometrics before, chances are you're already familiar with them. A box jump, for instance, is a plyometric move, as is a burpee, a hands-release or plyometric push-up, and a pop squat. There are many benefits of plyometric exercises that might just convince you to add them to your workout routine. They can help increase speed, strength, endurance, agility, and coordination. Plyos can also boost tendon strength and increase your rate of force development—essentially, your body's ability to generate a lot of power really fast. Plyometric training can also help reduce your risk of injury both in sports and at the gym, since they improve your body's ability to quickly absorb shock.
- C) Isotonic exercise can help strengthen and build muscles so that you can move through all types of motion with greater ease. This type of training is what most people do in the gym and has benefits for preserving strength as we age. Isotonic exercise is especially useful for people at risk of or diagnosed with diabetes, as it can help improve blood sugar regulation. A large 2017 study found that women who did strength-training exercises had a 30 percent lower rate of diabetes, compared with women who didn't train. Isotonic exercise can also help build up bone density, which can be beneficial for people at risk of, or with, osteoporosis, a condition where bone mass is depleted. Studies show that athletes who lift weights have higher bone mass and density, compared with other types of athletes.
- D) Isokinetic exercise is a type of strength training often used for rehabilitation. It uses specialized exercise machines that allow the muscle to work at maximum strength while maintaining a constant speed. These machines help isolate and control the movement of the targeted muscle while regulating the pace of an exercise by fluctuating resistance throughout your range of motion. This type of exercise may also be a better form of muscle recovery than other types. According to a 2017 study, isokinetic exercises were more effective in improving functional performance than isometric and isotonic exercises. Research also showed that a 12-week isokinetic program could increase muscle strength and balance in children with Down's syndrome and might be better than traditional physical therapy for these individuals.

### English Tutorial Classes Week 3

- 1) What is the common theme of the four paragraphs?
- 2) What are the benefits of isotonic exercise?
- 3) Name three examples of plyometric exercises mentioned in the text.
- 4) What distinguishes isokinetic exercise from other types of strength training?
- 5) How do isometric exercises impact blood vessels during and after the exercise?
- 6) How did the 12-week isokinetic program impact children with Down's syndrome?
- 7) List three benefits of incorporating plyometric exercises into your workout routine?
- 8) According to the 2017 study, what health benefit is associated with women who engage in strength-training exercises?

#### 2. Insert the correct word:

- 1) Exercises that incorporate a lot of explosive movements are called \_\_\_\_\_ exercises.
- 2) Resistance training is an exercise that focuses on the \_\_\_\_\_ of a muscle against resistance.
- 3) When performing a plank, the isometric contraction of your \_\_\_\_\_ can keep your body elevated off of the floor.
- 4) Isotonic exercises require the movement of a \_\_\_\_\_.
- 5) In an \_\_\_\_\_ exercise, muscles are working but remain motionless, making them effective for reducing blood pressure.
- 6) In a \_\_\_\_\_ contraction, a muscle tightens as it pulls against some form of resistance. On the other hand, an \_\_\_\_\_ contraction occurs when a muscle lengthens while it still exerts force to manage or resist an external load.
- 7) The main reasons for resistance training include increasing muscular \_\_\_\_\_, strength, and power of the active muscles.
- 8) Examples of isotonic exercises are bicep curls, shoulder presses, and \_\_\_\_\_.
- 9) A squat jump involves an explosive concentric and eccentric contraction to allow you to jump up and squat \_\_\_\_\_.
- 10) \_\_\_\_\_ exercises are great for individuals who lack balance, coordination, and experience.
- 11) It's optimal to focus more time on the eccentric contraction during isotonic exercises to increase the potential of \_\_\_\_\_ and motor control.
- 12) Without a proper \_\_\_\_\_ you won't be able to reach your potential max weight.
- 13) Muscle failure occurs when you can't complete another \_\_\_\_\_ with good form.
- 14) It's important to keep in mind that \_\_\_\_\_ adults lose 3% to 5% of muscle mass per decade.
- 15) \_\_\_\_\_ and hold your breath as you lift the weight in a strong and forceful manner. \_\_\_\_\_ only over the top portion of the movement.
- 16) Choose a weight or resistance \_\_\_\_\_ heavy enough to tire your muscles after about 12 to 15 repetitions

**3. Choose one of the listed verbs (train, practice, exercise, work out) and insert it into the blanks:**

- 1) She decided to \_\_\_\_\_ with a personal coach to improve her tennis skills.
- 2) The dance troupe gathered to \_\_\_\_\_ their routine before the big show.
- 3) She decided to \_\_\_\_\_ for an hour each day to improve her endurance.
- 4) I \_\_\_\_\_ at the gym to target different muscle groups.
- 5) Soccer players \_\_\_\_\_ penalty kicks to improve their accuracy.
- 6) The football team plans to \_\_\_\_\_ twice a day during the pre-season.
- 7) Cycling \_\_\_\_\_ the leg muscles.
- 8) She loves to \_\_\_\_\_ using high-intensity interval training (HIIT) techniques.
- 9) The coach will \_\_\_\_\_ the swimmers on perfecting their dive techniques.
- 10) I need to \_\_\_\_\_ my abs, so I'll do some crunches and planks.
- 11) Before the competition, the archers \_\_\_\_\_ their aim diligently.
- 12) I \_\_\_\_\_ for 30 minutes every day to stay fit.

**4. Fill in the missing nouns:**

- 1) I'm sorry, but I can't go to the mall after school. I have volleyball \_\_\_\_\_.
- 2) Running is both a great \_\_\_\_\_ and an effective workout.
- 3) The boxer's training included both cardiovascular exercises and sparring s \_\_\_\_\_.
- 4) The track and field athletes followed a specialized \_\_\_\_\_ designed by their coach.
- 5) The bodybuilder followed a strict training r \_\_\_\_\_ to build muscle.
- 6) The basketball team had a morning \_\_\_\_\_ to work on their shooting skills.
- 7) Her \_\_\_\_\_ includes a mix of cardio and strength (training) exercises.
- 8) She dedicated hours to her \_\_\_\_\_ for the triathlon next month.

**5. Answer the following questions:**

- a) What items can you use as external resistance during resistance exercises?  
\_\_\_\_\_.
- b) Name the two types of muscular contractions: \_\_\_\_\_ and \_\_\_\_\_.
- c) What are the four resistance exercises types: \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

**6. Translate the following sentences:**

- a) Jane practices both handball and judo, but still gets good grades in school.  
\_\_\_\_\_
- b) Isokinetic exercises are great for individuals who lack balance, coordination, and experience.  
\_\_\_\_\_
- c) Plyometric exercises aim to enhance muscular endurance and power.  
\_\_\_\_\_
- d) Ciljevi treninga snage su da se brže krećete i podižete teži teret.  
\_\_\_\_\_
- e) U području fitnesa, postizanje ravnoteže je primarni cilj.  
\_\_\_\_\_

**7. Are the following sentences true (T) of false (F)?**

- a) Regular exercise can help reduce the risk of heart disease.

## English Tutorial Classes Week 3

- b) I exercise for the upcoming football tournament.
- c) He likes to exercise for 15 minutes after work.
- d) I practice at the gym.
- e) I work out my swimming techniques.
- f) The gymnast spent hours practicing her balance beam routine.
- g) I train for the marathon every morning.



8. Name the activity:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_
5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_
9. \_\_\_\_\_ 10. \_\_\_\_\_ 11. \_\_\_\_\_ 12. \_\_\_\_\_
13. \_\_\_\_\_ 14. \_\_\_\_\_ 15. \_\_\_\_\_ 16. \_\_\_\_\_
17. \_\_\_\_\_ 18. \_\_\_\_\_