

What I Learned

1. What is the first step in acquiring lean muscle?
2. What are the three parts of eating that help gain lean muscle?
3. Eggs and beef are two examples of food that are rich in protein. T or F
4. Amino acids make up proteins. T or F
5. How many amino acids does it take to make up a protein

What I learned

6. Eating less frequently can help build up your protein? T or F
7. Who has a higher body fat composition young people or older people?
8. What helps to isolate muscles the best?
- a. Machines b. Calisthenics c. Exercise d. eat healthy
9. The Journal of the International Society of Sports Nutrition cites the _____
Is the best supplement for building lean muscle?
- a. Creatine monohydrate b. drugs c. protein
10. Calisthenics is a repetitive exercise. T or F