

UCZ SIĘ ANGIELSKIEGO Z „GŁOSEM FIZJOTERAPEUTY”



WYZWANIE #24dnifizjoenglish

DAY 16



SŁOWOTWÓRSTWO

ZADANIE NA DZISIAJ: Wstaw w luki słowa w odpowiednich formach. W niektórych przypadkach wystarczy dodać przedrostek lub przyrostek, a gdzieś musisz zmodyfikować słowo w znacznym stopniu.

1. available | 2. popular | 3. tense
4. strong | 5. sore

With the increasing **1.** of a variety of training programs, people can more easily maintain a high level of physical fitness. The positive impact of physical exercise on a person's wellbeing and mental health cannot be overlooked [1]. Recently, increasing attention has been paid to high-intensity group workout programs [2]. Traditional programs have been replaced by the rapidly growing **2.** of high-intensity interval training (HIIT), which has been described as an effective, time-saving program that can reduce the effects of diabetes and **3.** [1]. CrossFit is an expanded form of HIIT training that originated in 2000 and continues to develop rapidly [3].

CrossFit training methodology consists of combining intense resistance training with multi-joint movements performed in several planes simultaneously. This training weaves together **4.** training, gymnastics, and aerobic exercises [1]. It is important to note that people training CrossFit can expect excessive muscle **5.** and delayed onset muscle soreness (DOMS) following exercise more often than people training other sport disciplines. Therefore, CrossFit trainees should properly moderate their workouts and plan their rest cycles to avoid overtraining and prevent injuries [4].

Źródło:

Body Composition and Temperature Analysis Depending on Level of Physical Activity in People Training CrossFit

Bibliografia:

1. Marta Kuczkowska.: Body Composition and Temperature Analysis Depending on Level of Physical Activity in People Training CrossFit. Physiotherapy Review, 2021, 25(3), 50-63

1. availability, 2. popularity, 3. hypertension, 4. strength, 5. soreness
Klucz odpowiedzi:

DO DZIEŁA! DO DZIEŁA! DO DZIEŁA!



AGATA PRZYSTAŚ

anglistka, ukończyła studia licencjackie na kierunku fizjoterapia
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