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## Strength Coach: Six Essential Moves for Men Over 50

### Description

Many men over 50 need simple strength exercises. These exercises help them stay strong and independent. Everyday tasks, like climbing stairs, can become hard without strength.

Strength coach David Getz says men over 50 should aim to improve their strength. He suggests six important exercises. First, men should be able to perform a deadlift. This means lifting 1.5 times their bodyweight safely. It helps with real-life tasks like picking up heavy things.

Next, the goblet squat is a good exercise. It should be done with a weight equal to half their bodyweight. This exercise helps the legs and keeps them strong.

Another important exercise is the push-up. Men should do 20 push-ups in a row. This builds strength in the arms and core.

Pull-ups are also important. Men should aim for 5 pull-ups. They strengthen the back and shoulders.

Lastly, the farmer's carry and overhead press are essential. These exercises improve overall strength. They help men stay fit and active.

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### Vocabulary List:

1. **strength** //streŋθ// (noun): muscles' power to lift and move things
2. **independent** //,ɪndɪ'pɛndənt// (adjective): able to do things without other people's help
3. **deadlift** //'dɛdlaɪft// (noun): lifting a heavy weight from the floor
4. **bodyweight** //'bɒdi,weɪt// (noun): weight of a person's body used for exercises
5. **squat** //skwɒt// (noun): bending knees and lowering the body
6. **overhead** //'ɒsvɛr,hɛd// (adjective): above the head; done with arms raised high

### Comprehension Questions

#### Multiple Choice

1. What is one benefit of strength exercises for men over 50?

Option: They improve flexibility

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- Option: They help maintain independence
  - Option: They increase speed
  - Option: They reduce the need for sleep

2. How many times their bodyweight should men be able to lift for a deadlift?

- Option: 1.0 times
- Option: 1.5 times
- Option: 2.0 times
- Option: 2.5 times

3. What is the recommended weight for the goblet squat?

- Option: Their bodyweight
- Option: Half their bodyweight
- Option: One-quarter of their bodyweight
- Option: Equal to their weight

4. How many push-ups should men aim to do in a row?

- Option: 10
- Option: 20
- Option: 30
- Option: 40

5. How many pull-ups should men aim to perform?

- Option: 3
- Option: 5
- Option: 10
- Option: 15

6. Which exercise helps strengthen the back and shoulders?

- Option: Deadlift
- Option: Goblet squat
- Option: Push-up
- Option: Pull-up

### **True-False**

7. Strength exercises are not necessary for men over 50.



8. The push-up is meant to build strength in the legs.
9. The farmer's carry and overhead press are considered essential exercises.
10. David Getz recommends that men over 50 should perform a goblet squat without any weights.
11. Staying strong helps men over 50 with everyday tasks.
12. Men over 50 should aim to do 15 push-ups in a row according to David Getz.

### Gap-Fill

13. They help men stay strong and \_\_\_\_\_.
14. The deadlift should involve lifting 1.5 times their \_\_\_\_\_.
15. Men should aim for \_\_\_\_\_ pull-ups.
16. The recommended weight for the goblet squat is equal to half their \_\_\_\_\_.
17. A good goal for push-ups is to do \_\_\_\_\_ in a row.
18. The farmer's carry and overhead press improve overall \_\_\_\_\_ strength.

### Answer

**Multiple Choice:** 1. They help maintain independence 2. 1.5 times 3. Half their bodyweight 4. 20 5. 5 6. Pull-up

**True-False:** 7. False 8. False 9. True 10. False 11. True 12. False

**Gap-Fill:** 13. independent 14. bodyweight 15. 5 17. 20 18. strength

### Vocabulary quizzes

#### Multiple Choice ( Select the Correct answer for each question. )

1. What term refers to the state of being a father?

Option: Parenthood



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- Option: Fatherhood  
Option: Childhood  
Option: Maternity
2. In which structure do light-dependent reactions of photosynthesis occur?
- Option: Stroma  
Option: Chloroplast  
Option: Thylakoid  
Option: Mitochondria
3. What is the role of NADPH in photosynthesis?
- Option: Energy storage  
Option: Electron donor  
Option: Water splitting  
Option: Carbon fixation
4. What term is used to describe a set of medical signs and symptoms that are correlated with each other?
- Option: Condition  
Option: Syndrome  
Option: Disease  
Option: Disorder
5. What is the body's response to injury or infection characterized by redness and swelling?
- Option: Inflammation  
Option: Allergy  
Option: Infection  
Option: Contusion
6. What term describes someone capable of self-sufficiency?
- Option: Dependent  
Option: Independent  
Option: Interdependent  
Option: Cooperative
7. What is the primary exercise used to strengthen the legs and core by bending the knees?
- Option: Deadlift  
Option: Bench Press  
Option: Squat  
Option: Pull-Up
8. What do you call the method of dealing with a disease or condition?
- Option: Diagnosis  
Option: Medication



Option: Treatment

Option: Prevention

9. What type of traits are inherited from parents to offspring?

Option: Environmental

Option: Physical

Option: Genetic

Option: Cultural

10. What is the process of making something smaller or less in amount?

Option: Increase

Option: Enhance

Option: Reduce

Option: Eliminate

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. Regular exercise can significantly improve overall \_\_\_\_\_ in individuals.

12. The \_\_\_\_\_ conducted on climate change has revealed alarming trends.

13. The sound level was so high that it exceeded safe \_\_\_\_\_.

14. The study assessed the \_\_\_\_\_ of the new drug in treating the disease.

15. Many species have \_\_\_\_\_ over millions of years to adapt to their environments.

16. Dust and smoke are composed of tiny \_\_\_\_\_ that can impact air quality.

17. Plants can \_\_\_\_\_ sunlight to convert it into energy during photosynthesis.

18. Trust and communication are the \_\_\_\_\_ of a strong relationship.

19. The \_\_\_\_\_ is an essential weightlifting exercise focusing on the back and legs.

20. \_\_\_\_\_ exercises, such as push-ups and squats, can be effective for strength training.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Effective treatment can lead to a better quality of life for patients.



22. Building strength is essential for athletes to enhance their performance.
23. Ongoing research is critical for advancing medical knowledge.
24. The volume of water in the reservoir fluctuates throughout the year.
25. Inflammation is the body's natural response to injury or infection.
26. The consumable products in the kitchen need to be replaced regularly.
27. Species have evolved over time to adapt to changing environments.
28. Genetic factors play a significant role in determining an individual's traits.
29. An independent individual values self-sufficiency and personal responsibility.
30. To be effective, materials must absorb sound rather than reflect it.

## Answer

**Multiple Choice:** 1. Fatherhood 2. Thylakoid 3. Electron donor 4. Syndrome 5. Inflammation 6. Independent 7. Squat 8. Treatment 9. Genetic 10. Reduce

**Gap-Fill:** 11. strength 12. research 13. volume 14. effectiveness 15. evolved 16. particles 17. absorb 18. pillars 19. deadlift 20. Bodyweight

**Matching sentence:** 1. treatment 2. strength 3. research 4. volume 5. inflammation 6. consumable 7. evolved 8. genetic 9. independent 10. absorb

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