

Questionnaire for Slow-Switch, Fast-Switch Muscle Fibers Exercises

Most people have a dominate fibers in their body depending on their regular activities.

	<u>Circle One</u>
<u>Can you run long distances ex. 10+ miles?</u>	<u>Yes or No</u>
<u>Can you run fast short distances?</u>	<u>Yes or No</u>
<u>Can you lift a lot of weight with your legs?</u>	<u>Yes or No</u>
<u>Can you press forward (chest)a lot of weight or quickly at once?</u>	<u>Yes or No</u>
<u>Can you do a lot of pushups ex. 100+?</u>	<u>Yes or No</u>
<u>Can you pick up a lot of weight straight up with your shoulders?</u>	<u>Yes or No</u>
<u>Can you hold a object in your hand, at your side, for a long time?</u>	<u>Yes or No</u>
<u>Can you hold your arm straight out in front of you for long periods of time?</u>	<u>Yes or No</u>
<u>Can you raise your out in front of you with a lot of weight?</u>	<u>Yes or No</u>
<u>Can you press downward with/against a lot of weight?</u>	<u>Yes or No</u>
<u>Can you press downward with/against a lot of weight quickly at once?</u>	<u>Yes or No</u>
<u>Can you curl a lot of weight up in front of you?</u>	<u>Yes or No</u>
<u>Can you curl a lot of weight up in front of you very slowly, stopping periodically?</u>	<u>Yes or No</u>
<u>After you curled your arms up, can you hold a item for long period of time?</u>	<u>Yes or No</u>
<u>Do you have a lot of power pushing off you toes when you walk?</u>	<u>Yes or No</u>
<u>Can you go up on your toes and hold it for a long time?</u>	<u>Yes or No</u>
<u>Can you do quick push-ups ex. 1 second?</u>	<u>Yes or No</u>
<u>Can you do push-ups pausing periodically as you come up or down?</u>	<u>Yes or No</u>
<u>Can you hold an object above your head for long periods of time?</u>	<u>Yes or No</u>
<u>Can you pull yourself up to something higher stopping periodically?</u>	<u>Yes or No</u>
<u>Can you lift a lot of weight above your head quickly?</u>	<u>Yes or No</u>
<u>Are you typically into power when lifting weights?</u>	<u>Yes or No</u>
<u>Do you typically have 3+ hour workouts on a daily basis?</u>	<u>Yes or No</u>
<u>Do you typically have 30-60 minutes workouts on a daily basis?</u>	<u>Yes or No</u>
<u>Do you typically have 30-60 minutes workouts on a daily basis, mostly all heavy weighted exercises?</u>	<u>Yes or No</u>
<u>Can you pull yourself up to something higher quickly?</u>	<u>Yes or No</u>
<u>Are you typically a quick moving person?</u>	<u>Yes or No</u>