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Lesson 11.1: Muscle Fitness Basics Lesson Objectives: •Explain the difference between strength and muscular endurance. •Describe some of the health benefits of muscle fitness. •Describe the various types of muscles and muscle fibers. •Describe some of the methods of progressive resistance exercise used to improve muscle fitness.

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I have this book, Fitness for Life (don't ask), that I have to do the Chapter Review's for. Is there anywhere online I can find the answers?

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