# The AhaBulb Party Game

STUFF EVERY LIFTER SHOULD KNOW

## How to play (30 seconds)

1. The reader reads a card and its three answers out loud.
2. Everyone says "One, two, three, Goldilocks!" and holds up 1, 2, or 3 fingers.
3. The reader flips the card and reads the answer and the Why.
4. Everyone who was right takes a point.
5. The reader reads the joke with a straight face. Anyone laughs or groans? The reader takes a point. Nobody got it right? The reader takes a point.
6. Pass the deck left. Most points when the points run out wins.

## What you need

These cards and the point tokens on the last two pages. No tokens? Use coins, buttons, pebbles, or marshmallows. 3 to 10 players, ages 8 and up.

## Expert rule: Bet It

Before the reader flips the card, you may put one of your points on your answer. Right: take your normal point plus one extra. Wrong: your bet goes back to the pile. That's it.

## Printing

Print single-sided, on cardstock if you have it. Cut on the dashed lines. Each card is a 3.5 x 5 inch index card. The answer half is upside down on purpose, so the table can't peek.

Cards 1 to 50 of 59. More cards and the free daily online game at sesk.info. Built 2026-10-14.

SPORTS & FITNESS

**How many days a week should adults do muscle-strengthening activity, per the US Physical Activity Guidelines?**

- **A** At least 1 day a week
- **B** At least 2 days a week
- **C** Every single day

FLIP FOR THE ANSWER

**B At least 2 days a week**

**WHY** The US Physical Activity Guidelines say adults need muscle-strengthening activity, like lifting weights or push-ups, at least 2 days each week. That is in addition to 150 to 300 minutes of moderate aerobic activity.

**STRAIGHT FACE**
I only lift on two days a week. The other five I lift my spirits.

SESK.INFO #10219

SPORTS & FITNESS

**Which muscles should your strength workouts cover, according to the US Physical Activity Guidelines?**

- **A** Mostly the arms and chest
- **B** Only the core and abs
- **C** All major muscle groups

FLIP FOR THE ANSWER

**C All major muscle groups**

**WHY** The guidelines say strength work should involve all major muscle groups: legs, hips, back, abdomen, chest, shoulders and arms. Training only your favorite muscles leaves the rest weak and out of balance.

**STRAIGHT FACE**
I skipped leg day so often my pants started calling me Chicken Legs.

SESK.INFO #10220

SPORTS & FITNESS

**Kids and teens ages 6 to 17 should do muscle-strengthening activity on how many days a week?**

- **A** At least 3 days a week
- **B** At least 1 day a week
- **C** Only during sports season

FLIP FOR THE ANSWER

**A At least 3 days a week**

**WHY** The US guidelines ask youth 6 to 17 for at least 60 minutes of activity every day. Muscle-strengthening activity should be part of that on at least 3 days a week.

**STRAIGHT FACE**
My teenager does three strength sessions a week: carrying groceries, carrying laundry and carrying the conversation.

SESK.INFO #10221

SPORTS & FITNESS

**In weight training, what is one rep?**

- **A** A group of lifts done without resting
- **B** One full workout day
- **C** One complete lift of the weight

FLIP FOR THE ANSWER

**C One complete lift of the weight**

**WHY** A repetition, or rep, is one time you do the movement, like lifting a weight once or doing one push-up. A set is a group of reps done in a row before you rest.

**STRAIGHT FACE**
I asked my trainer for one more rep. He said, 'Sure, I'll tell everyone you're great.'

SESK.INFO #10222

SPORTS & FITNESS

## The US guidelines say one set of how many reps per exercise is effective for building strength?

- **A** 8 to 12 reps
- **B** 2 to 3 reps
- **C** 50 to 100 reps

FLIP FOR THE ANSWER

**A 8 to 12 reps**

**WHY** The Physical Activity Guidelines say one set of 8 to 12 repetitions of each exercise is effective. Doing 2 or 3 sets may be more effective.

**STRAIGHT FACE**
I tried to do 100 reps, but I lost count at 12. Close enough to the guideline!

SESK.INFO #10223

SPORTS & FITNESS

## How hard should a strength set feel by the end, per the US guidelines?

- **A** Easy, like you could do 20 more
- **B** Hard to do one more rep
- **C** Painful in your joints

FLIP FOR THE ANSWER

**B Hard to do one more rep**

**WHY** The guidelines say muscle-strengthening exercises should be done to the point where it would be difficult to do another repetition. If a set feels easy, the weight or reps can go up.

**STRAIGHT FACE**
My last rep and I have a lot in common. We both struggle to get up in the morning.

SESK.INFO #10224

SPORTS & FITNESS

## Using the NSCA load chart, someone squats 160 pounds for 8 reps. What is their estimated one-rep max?

- **A** About 168 pounds
- **B** About 300 pounds
- **C** About 200 pounds

FLIP FOR THE ANSWER

**C About 200 pounds**

**WHY** A one-rep max is the most weight you can lift for one full rep. The NSCA chart says 8 max reps is about 80% of 1RM, so 160 pounds points to about 200.

**STRAIGHT FACE**
My one-rep max is a sandwich. I can only lift it once before it's gone.

SESK.INFO #10225

SPORTS & FITNESS

## What does progressive overload mean in strength training?

- **A** Gradually increasing the load on your muscles
- **B** Lifting your heaviest weight every workout
- **C** Doing the same routine forever

FLIP FOR THE ANSWER

**A Gradually increasing the load on your muscles**

**WHY** Progressive overload means slowly adding challenge, like more weight, reps or sets, as your body adapts. Doing the same routine with no increase eventually leads to a plateau.

**STRAIGHT FACE**
I tried progressive overload on my grocery bags. Now I carry everything in one trip.

SESK.INFO #10226

SPORTS & FITNESS

## In a progressive overload plan, about how often does Cleveland Clinic suggest a lighter deload week?

- **A** Every few days
- **B** Once every two years
- **C** Every four to six weeks

FLIP FOR THE ANSWER

**C Every four to six weeks**

**WHY** A sports medicine doctor at Cleveland Clinic suggests a deload week every four to six weeks. You lighten the weight or rest longer so your body can recover before pushing again.

**STRAIGHT FACE**
My favorite week of the month? Deload week. It's like a vacation for my biceps.

SESK.INFO #10228

SPORTS & FITNESS

## In ACSM's 2009 position stand, when should someone add 2% to 10% more weight?

- **A** After ten reps past the goal
- **B** After one to two reps past the goal
- **C** Only after six months

FLIP FOR THE ANSWER

**B After one to two reps past the goal**

**WHY** The 2009 ACSM position stand recommended a 2% to 10% load increase after one or two reps more than the target.

**STRAIGHT FACE**
I added 10% more weight to my workout. Mostly in snacks.

SESK.INFO #10227

SPORTS & FITNESS

## What does ACSM's 2026 review say resistance training can improve?

- **A** Muscular endurance
- **B** Only flexibility
- **C** Only reaction time

FLIP FOR THE ANSWER

**A Muscular endurance**

**WHY** The 2026 ACSM review found that resistance training improves muscular endurance as well as strength, muscle size and power.

**STRAIGHT FACE**
I do high-rep training every day. It's called answering my kids' questions.

SESK.INFO #10230

SPORTS & FITNESS

## For building strength, what does ACSM's 2026 position stand favor?

- **A** Heavier loads and 2 to 3 sets
- **B** Only one light set
- **C** Exactly 100 reps per exercise

FLIP FOR THE ANSWER

**A Heavier loads and 2 to 3 sets**

**WHY** ACSM's 2026 update says strength is enhanced by loads of at least 80% of one-rep max and 2 to 3 sets, along with full range of motion.

**STRAIGHT FACE**
I rest 3 to 5 minutes between sets. Then 3 to 5 more admiring my set.

SESK.INFO #10229

SPORTS & FITNESS

## For a beginner lifter, how many training days a week does the ACSM 2009 position stand recommend?

- **A** 6 to 7 days a week
- **B** Once a month
- **C** 2 to 3 days a week

FLIP FOR THE ANSWER

**C 2 to 3 days a week**

**WHY** ACSM recommends 2 to 3 days a week for novice lifters, 3 to 4 for intermediate and 4 to 5 for advanced. Beginners need the days in between to recover.

**STRAIGHT FACE**
I'm a beginner lifter. I've mastered lifting my water bottle and my excuses.

SESK.INFO #10231

SPORTS & FITNESS

## For strength gains, when should your most important exercise come in a workout?

- **A** Near the beginning
- **B** Only after you are exhausted
- **C** Exercise order never matters

FLIP FOR THE ANSWER

**A Near the beginning**

**WHY** ACSM's 2026 position stand found that strength is enhanced when an exercise is placed near the beginning of the training session.

**STRAIGHT FACE**
I always do squats first. After that, I can't stand anything else.

SESK.INFO #10232

SPORTS & FITNESS

## Why is the bench press called a compound movement?

- **A** It works two or more muscle groups at once
- **B** It uses a bar made of mixed metals
- **C** It only works one small muscle

FLIP FOR THE ANSWER

**A It works two or more muscle groups at once**

**WHY** A compound movement works two or more muscle groups at once. The bench press uses your chest, front shoulders and triceps together. An isolation exercise, like a biceps curl, focuses on one.

**STRAIGHT FACE**
The bench press is a compound lift. That's why my groan is a compound word.

SESK.INFO #10233

SPORTS & FITNESS

## Which muscle group at the front of your thigh has more mass than any other muscle group in your body?

- **A** Hamstrings
- **B** Calves
- **C** Quadriceps

FLIP FOR THE ANSWER

**C Quadriceps**

**WHY** Your quads sit at the front of your thigh and together have more mass than any other muscle group. They straighten your knee so you can kick, run, jump and stand up from a squat.

**STRAIGHT FACE**
My quads are so strong they asked for their own zip code.

SESK.INFO #10234

SPORTS & FITNESS

## Where are your hamstring muscles?

- **A** Back of your thigh
- **B** Front of your shin
- **C** Side of your hip

FLIP FOR THE ANSWER

**A Back of your thigh**

**WHY** Your hamstrings are skeletal muscles at the back of your thigh. You use them to walk, climb stairs and do squats, and they bend your knee.

**STRAIGHT FACE**
Why did the pig join the gym? To work on its hamstrings.

SESK.INFO #10235

SPORTS & FITNESS

## You have three glute muscles. Which one is the biggest?

- **A** Gluteus minimus
- **B** Gluteus maximus
- **C** Gluteus medius

FLIP FOR THE ANSWER

**B Gluteus maximus**

**WHY** Your three glutes are the gluteus maximus (biggest), medius (medium) and minimus (smallest). They help stabilize, balance and control your lower body and posture.

**STRAIGHT FACE**
My glutes and I are close. They've always got my back side.

SESK.INFO #10236

SPORTS & FITNESS

## The lats are the largest muscles in your upper body. Where are they?

- **A** Across the front of your chest
- **B** On the top of your shoulders
- **C** In your back, below the shoulder blades

FLIP FOR THE ANSWER

**C In your back, below the shoulder blades**

**WHY** Lats is short for latissimus dorsi. These are the largest muscles in the upper half of your body, starting below your shoulder blades and reaching your spine in your lower back.

**STRAIGHT FACE**
My lats are so wide, I have to walk through doors sideways. Just kidding, I'm just carrying groceries.

SESK.INFO #10237

SPORTS & FITNESS

## Which muscles cover the top of your shoulder and help lift your arm to the front, side and back?

- **A** Deltoids
- **B** Pectorals
- **C** Obliques

FLIP FOR THE ANSWER

**A Deltoids**

**WHY** The deltoids crown your shoulder, covering the front, side and back of the joint. They help lift your arm in every direction and steady the shoulder when you carry weight.

**STRAIGHT FACE**
My delts and I are close. We always shoulder the load together.

SESK.INFO #10238

SPORTS & FITNESS

## When lifters talk about their pecs, which muscles do they mean?

- **A** Calf muscles
- **B** Upper back muscles
- **C** Chest muscles

FLIP FOR THE ANSWER

**C Chest muscles**

**WHY** Pecs is short for pectorals, your chest muscles. They are large muscles you use for pushing things, moving your arms and rotating your shoulders.

**STRAIGHT FACE**
Why do chickens make bad weightlifters? They only work on their pecks.

SESK.INFO #10239

SPORTS & FITNESS

## DOMS means delayed onset muscle soreness. When does it usually show up?

- **A** During the very first rep
- **B** One to three days after the workout
- **C** Two weeks later

FLIP FOR THE ANSWER

**B One to three days after the workout**

**WHY** DOMS builds over several hours, so you feel it one to three days after intense or new exercise, in the exact muscles you worked. It fades as the muscles heal.

**STRAIGHT FACE**
DOMS is like a slow mail carrier. The package from leg day arrives two days late.

SESK.INFO #10240

SPORTS & FITNESS

## Which part of a biceps curl is more likely to cause next-day muscle soreness (DOMS)?

- **A** Holding the bar still at your side
- **B** Lifting the weight up
- **C** Lowering the weight down

FLIP FOR THE ANSWER

**C Lowering the weight down**

**WHY** Eccentric movements, where a muscle works while it lengthens, are more likely to cause DOMS. Lowering a curl, lowering from a pull-up, lunges and running downhill are all eccentric.

**STRAIGHT FACE**
My muscles are a little eccentric. They like to complain on the way down.

SESK.INFO #10241

SPORTS & FITNESS

## What is the main training stimulus for muscle growth?

- **A** Mechanical tension from challenging the muscles
- **B** Muscle soreness by itself
- **C** Tiny tears that must happen every workout

FLIP FOR THE ANSWER

**A Mechanical tension from challenging the muscles**

**WHY** Mechanical tension is the primary stimulus for muscle growth. Muscle damage can happen, but it is not required for hypertrophy.

**STRAIGHT FACE**
I'm not lazy, I'm growing. My muscles do their best work on the couch.

SESK.INFO #10242

SPORTS & FITNESS

## How many hours of sleep a night does a Cleveland Clinic athletic trainer say most people need to recover and rebuild muscle?

- **A** Four to five hours
- **B** Seven to nine hours
- **C** Twelve to fourteen hours

FLIP FOR THE ANSWER

**B Seven to nine hours**

**WHY** Most people need seven to nine hours of sleep. After a workout it matters even more: without enough rest you will not get the full benefit and will not effectively rebuild your muscles.

**STRAIGHT FACE**
I'm training for the sleeping Olympics. I can do it with my eyes closed.

SESK.INFO #10244

SPORTS & FITNESS

## How much rest does Mayo Clinic suggest between strength workouts for the same muscle group?

- **A** No rest, train them daily
- **B** One full day
- **C** One full month

FLIP FOR THE ANSWER

**B One full day**

**WHY** Mayo Clinic says to rest one full day between exercising each specific muscle group so your muscles have time to recover. You can still train different muscles on back-to-back days.

**STRAIGHT FACE**
My arms asked for a rest day. My legs said, 'Wait your turn.'

SESK.INFO #10243

SPORTS & FITNESS

## Which kind of stretching does a Cleveland Clinic doctor call a great addition to a pre-exercise warm-up?

- **A** Dynamic stretching
- **B** Long static holds only
- **C** No movement at all

FLIP FOR THE ANSWER

**A Dynamic stretching**

**WHY** Dynamic stretching moves your muscles through their range, improving blood flow and raising muscle temperature. That makes it a great part of a warm-up before exercise.

**STRAIGHT FACE**
I did dynamic stretches before my workout. Now I'm a stretch-pert.

SESK.INFO #10246

SPORTS & FITNESS

## What is the Recommended Dietary Allowance (RDA) for protein for an average adult?

- **A** 0.8 grams per kilogram of body weight
- **B** 5 grams per kilogram of body weight
- **C** 100 grams for everyone

FLIP FOR THE ANSWER

**A 0.8 grams per kilogram of body weight**

**WHY** The protein RDA for an average sedentary adult is 0.8 grams per kilogram of body weight a day. A 75 kg adult would need about 60 grams.

**STRAIGHT FACE**
I asked my steak how much protein it had. It said, 'Medium rare-ly enough.'

SESK.INFO #10245

SPORTS & FITNESS

## Will doing lots of sit-ups burn the fat on your belly specifically?

- **A** Yes, fat burns where the muscle works
- **B** Only if done before breakfast
- **C** No, they strengthen muscle but don't target fat there

FLIP FOR THE ANSWER

**C No, they strengthen muscle but don't target fat there**

**WHY** Burning fat in one chosen spot, called spot reduction, does not work. Sit-ups strengthen your abdominal muscles, but they do not specifically target the fat around your stomach.

**STRAIGHT FACE**
I did 100 sit-ups to lose belly fat. My belly just got better at sitting up.

SESK.INFO #10250

SPORTS & FITNESS

## Is supervised strength training with light weights harmful to a kid's growth plates?

- **A** Yes, it always stunts growth
- **B** Only if they lift on weekends
- **C** No, not when supervised with low weight

FLIP FOR THE ANSWER

**C No, not when supervised with low weight**

**WHY** The American Academy of Pediatrics calls growth plate damage a myth for supervised training with low weight and high repetitions. Research even shows it is safer than playing soccer, football and basketball.

**STRAIGHT FACE**
Lifting won't stunt your growth, but my dad jokes might stunt your patience.

SESK.INFO #10248

SPORTS & FITNESS

## What does the current AAP report say about one-rep max testing for young athletes?

- **A** Do it unsupervised
- **B** It can be safe with qualified supervision
- **C** Skip it until skeletal maturity

FLIP FOR THE ANSWER

**B It can be safe with qualified supervision**

**WHY** The AAP says 1RM testing can be safe and useful when qualified professionals follow established testing protocols.

**STRAIGHT FACE**
My son wanted to test his max. So we tested his max video game time instead.

SESK.INFO #10249

SPORTS & FITNESS

## What is the NSCA's position on strength training for kids and teens?

- **A** Unsafe until age 18
- **B** Safe when properly designed and supervised
- **C** Safe with any weight, no adult needed

FLIP FOR THE ANSWER

**B Safe when properly designed and supervised**

**WHY** The National Strength and Conditioning Association says a properly designed and supervised resistance training program is relatively safe for youth and can build strength and power. Supervision and good technique are the key.

**STRAIGHT FACE**
My kid asked for a spotter. I said, 'Sure, I'll keep an eye on you.' Now I'm a professional spotter.

SESK.INFO #10247

SPORTS & FITNESS

## According to the NSCA, the toned look most people want mainly comes from what?

- **A** Low body fat showing muscle definition
- **B** Lifting only tiny pink dumbbells
- **C** A special toning exercise

FLIP FOR THE ANSWER

**A Low body fat showing muscle definition**

**WHY** The NSCA calls toning largely misunderstood. The toned look comes from low body fat, which makes muscles more visible. You can only make a muscle bigger or lower the fat over it.

**STRAIGHT FACE**
I'm working on my tone. My family says it's still sarcastic.

SESK.INFO #10251

SPORTS & FITNESS

## Why don't most women get bulky from lifting weights?

- **A** Their muscles can't get stronger
- **B** They naturally have much less testosterone
- **C** Weights work differently for women

FLIP FOR THE ANSWER

**B They naturally have much less testosterone**

**WHY** The NSCA says testosterone is a necessary ingredient for increasing muscle size, and levels are naturally much higher in males. Women get strong from lifting without building huge muscles by accident.

**STRAIGHT FACE**
I was worried lifting would make me bulky. Then I saw my bank account. Definitely not bulky.

SESK.INFO #10252

SPORTS & FITNESS

## In a basic squat, how low should you lower your hips?

- **A** Until thighs are parallel, or as far as comfortable
- **B** Only a few inches, never deeper
- **C** Until your back rounds at the bottom

FLIP FOR THE ANSWER

**A Until thighs are parallel, or as far as comfortable**

**WHY** Cleveland Clinic's squat steps say to lower your hips until your thighs are parallel to the ground, or as far as you are comfortable. Keep a neutral spine instead of letting your back round.

**STRAIGHT FACE**
Why did the squat bring a level to the gym? It wanted to be a parallel thinker.

SESK.INFO #10253

SPORTS & FITNESS

## For most healthy lifters, is it OK for the knees to move past the toes in a squat?

- **A** No, it always damages the knees
- **B** Yes, for most healthy lifters it is fine
- **C** Only if you wear knee sleeves

FLIP FOR THE ANSWER

**B Yes, for most healthy lifters it is fine**

**WHY** A 2023 research review found that limiting how far the knees travel forward is probably not a good idea for healthy, trained lifters. People in knee rehab may still need limits. If squats hurt your knees, see a doctor.

**STRAIGHT FACE**
My knees go past my toes, but my to-do list goes past my weekend.

SESK.INFO #10254

SPORTS & FITNESS

## In a squat, where should your knees point as you lower down?

- **A** As far inward as possible
- **B** Straight ahead no matter your stance
- **C** In line with your toes

FLIP FOR THE ANSWER

**C In line with your toes**

**WHY** Cleveland Clinic's squat steps say to keep your knees in line with your toes and to keep them wide, with no collapsing inward. Knees caving in is a common squat fault.

**STRAIGHT FACE**
Why did the knee follow the toes? It was tracking its goals.

SESK.INFO #10255

SPORTS & FITNESS

## How should you hold your back during a deadlift?

- **A** As neutral as possible
- **B** Rounded to reach the bar
- **C** Arched backward hard

FLIP FOR THE ANSWER

**A As neutral as possible**

**WHY** An NSCA article says half the battle in deadlifting heavy weight safely is keeping the back as neutral as possible. A rounded back under load is what lifters try to avoid.

**STRAIGHT FACE**
Why did the spine refuse to round? It had a backbone.

SESK.INFO #10256

SPORTS & FITNESS

## Where should the bar travel during a deadlift?

- **A** Swinging out in front of your legs
- **B** Close to your legs
- **C** Bouncing off your knees

FLIP FOR THE ANSWER

**B Close to your legs**

**WHY** The NSCA says the further the bar is from your legs, the harder your lower back has to work. Keeping it close gives the hips and legs better leverage.

**STRAIGHT FACE**
Why is the bar so close to your shins? It likes leg day too.

SESK.INFO #10257

SPORTS & FITNESS

## Which lift is the classic one to do with a spotter?

- **A** Bodyweight stretching
- **B** Easy walking on a treadmill
- **C** The barbell bench press

FLIP FOR THE ANSWER

**C The barbell bench press**

**WHY** Cleveland Clinic's bench press steps start with securing a spotter. Its trainer says it is safer to have someone ready to help when needed, especially when you push yourself.

**STRAIGHT FACE**
Why did the barbell apply for a partner? It needed a spotter.

SESK.INFO #10258

SPORTS & FITNESS

## What is the usual breathing pattern when lifting weights?

- **A** Hold your breath the whole rep
- **B** Breathe out as you lift, in as you lower
- **C** Breathe only at the top

FLIP FOR THE ANSWER

**B Breathe out as you lift, in as you lower**

**WHY** Mayo Clinic says not to hold your breath while lifting. Instead, breathe out as you lift the weight and breathe in as you lower it.

**STRAIGHT FACE**
Lifting is like birthday candles: blow out on the hard part.

SESK.INFO #10259

SPORTS & FITNESS

## Why is straining while holding your breath a concern during exercise?

- **A** It makes muscles cramp
- **B** It lowers your blood sugar
- **C** It can raise your blood pressure

FLIP FOR THE ANSWER

**C It can raise your blood pressure**

**WHY** Straining while holding your breath is called the Valsalva maneuver. Mayo Clinic Health System notes it can raise your blood pressure, which is why trainers say to keep breathing.

**STRAIGHT FACE**
Holding your breath while lifting? Your face is not supposed to match the purple dumbbells.

SESK.INFO #10260

SPORTS & FITNESS

## If you cannot keep good form on an exercise, what should you do?

- **A** Add weight to build strength faster
- **B** Lower the weight or the number of reps
- **C** Shorten every rep to half range

FLIP FOR THE ANSWER

**B Lower the weight or the number of reps**

**WHY** Mayo Clinic says that if you are not able to keep good form, lower the weight or the number of repetitions. Good form through the full range of motion gives better results and fewer injuries.

**STRAIGHT FACE**
Full range of motion is like a full story: no skipped chapters.

SESK.INFO #10262

SPORTS & FITNESS

## How should you move the weight during a lift?

- **A** In a controlled way, without hurrying
- **B** As fast and jerky as possible
- **C** Drop it and catch it

FLIP FOR THE ANSWER

**A In a controlled way, without hurrying**

**WHY** Mayo Clinic says to move the weight in a controlled way so you rely on your muscles, not momentum. Cleveland Clinic adds that bouncing out of a squat could strain a muscle.

**STRAIGHT FACE**
Why did the rep go slow? It wanted to enjoy the view.

SESK.INFO #10261

SPORTS & FITNESS

## Which feeling during a set is a signal to stop?

- **A** Mild muscle tiredness
- **B** A steady muscle burn
- **C** Sharp or sudden pain

FLIP FOR THE ANSWER

**C Sharp or sudden pain**

**WHY** Cleveland Clinic says some discomfort is normal during exercise, but you should not feel sharp or sudden pain. If you do, stop and check with a healthcare provider, physical therapist or athletic trainer.

**STRAIGHT FACE**
My muscles burn so much during squats, I asked if they wanted marshmallows.

SESK.INFO #10263

SPORTS & FITNESS

## For new low back pain with no serious warning signs, what is usually best?

- **A** Stay as active as you can
- **B** Complete bed rest for two weeks
- **C** Test it with heavy deadlifts right away

FLIP FOR THE ANSWER

**A Stay as active as you can**

**WHY** MedlinePlus says bed rest is not recommended for back pain without serious signs. Cut back only for the first couple of days, then slowly return to usual activities. See a doctor if pain is severe or does not improve.

**STRAIGHT FACE**
Why did the couch feel left out? The doctor said bed rest is not on the menu.

SESK.INFO #10264

SPORTS & FITNESS

## After extreme exercise, which sign can point to rhabdomyolysis?

- **A** A mild muscle pump
- **B** Dark, red or cola-colored urine
- **C** Feeling thirsty

FLIP FOR THE ANSWER

**B Dark, red or cola-colored urine**

**WHY** Rhabdomyolysis is a breakdown of muscle tissue that can follow severe exertion. MedlinePlus lists dark, red or cola-colored urine, weakness and muscle aching as symptoms. It needs a doctor right away.

**STRAIGHT FACE**
Why did the water bottle go to the gym? It heard the lifters needed a refill.

SESK.INFO #10265

SPORTS & FITNESS

## When should you drink water around a workout?

- **A** Only when you feel faint
- **B** Only once you get home
- **C** Before, during and after

FLIP FOR THE ANSWER

**C Before, during and after**

**WHY** MedlinePlus says to start exercising with enough water in your body, then keep sipping during and after exercise. It also says to drink even when you no longer feel thirsty.

**STRAIGHT FACE**
Why did the water bottle join the workout? It wanted to lift spirits.

SESK.INFO #10266

SPORTS & FITNESS

## What should you do with weights when you finish using them?

- **A** Leave them loaded on the bar
- **B** Put them back on the rack
- **C** Stack them by the mirror

FLIP FOR THE ANSWER

**B Put them back on the rack**

**WHY** Cleveland Clinic's gym etiquette guide says to re-rack your weights. Leaving them out makes it harder for others to find what they need.

**STRAIGHT FACE**
Why did the dumbbells go home? They belonged on the rack.



SPORTS & FITNESS

## For a workout lasting less than an hour, what drink is usually all you need?

- **A** Plain water
- **B** A sugary sports drink
- **C** An energy drink

FLIP FOR THE ANSWER

**A Plain water**

**WHY** MedlinePlus says water is most often all that is needed for workouts under 60 minutes. Sports drinks with carbs and electrolytes help more during longer, harder exercise.

**STRAIGHT FACE**
Why did water beat the sports drink? It was plain better.

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AhaBulb POINT

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