

OVER-TRAINING

Circle the correct answer then place your completed quiz in the Suggestion Box by **26 February 2016** to be in the draw to win a 30 minute massage at 360 Physio.

You cannot lose strength by over-training

TRUE / FALSE

Over-training means that you are allowing adequate rest

TRUE / FALSE

The definition of over training and over-reaching are the same

TRUE / FALSE

Haltered progress is a symptom of over training

TRUE / FALSE

Over-training can cause persistent tiredness

TRUE / FALSE

FULL NAME: _____

TELEPHONE _____