



FAQs

Q1. What is training?

Ans. Training is teaching, or developing in oneself or others, any skills and knowledge that relate to specific useful competencies.

Q2. What is mean by training in military?

Ans. In military use, training means gaining the physical ability to perform and survive in combat, and learning the many skills needed in a time of war.

Q3. How cardiovascular exercise effect to our body?

Ans. Cardiovascular exercise strengthens the heart and burns calories to our body.

Q4. What can increase when increasing the Range of motion?

Ans. The range of motion increases results increasing the compoundedness of the exercise.

Q5. What is the goal of training?

Ans. Training has a specific goal of improving one's capability, capacity, productivity and performance.