

Name \_\_\_\_\_

## Mike Gets in Serious Shape

### Multiple Choice Questions

1. What convinced Mike to join the fitness class called "Extreme Bootcamp"?
  - A) His love for exercise and fitness.
  - B) His friend Dave's persuasion.
  - C) A desire to win a fitness competition.
  - D) A recommendation from his doctor.
2. Who was the instructor of the boot camp?
  - A) Dave
  - B) Coach Rocky
  - C) Mike
  - D) The Sweaty Squad
3. What was Coach Rocky's training style like?
  - A) Gentle and easygoing
  - B) Supportive and encouraging
  - C) No-nonsense and intense
  - D) Laid-back and relaxed
4. How did Mike feel after completing the first session of "Extreme Bootcamp"?
  - A) Bored and unchallenged
  - B) Stronger and more energized
  - C) Discouraged and defeated
  - D) Completely exhausted
5. What did Mike and his fellow boot campers nickname themselves?
  - A) The Sweaty Squad
  - B) The Extreme Athletes
  - C) The Fit Friends
  - D) The Muscle Machines

