

## Know all about the benefits of exercise? Show off your ?guns!" <sup>[1]</sup>

Put your reps, sets, and laps knowledge to the test with this quiz.

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**Source URL:** <https://goaskalice.columbia.edu/quizzes/know-all-about-benefits-exercise-show-your-%E2%80%9Cguns>

#### Links

[1] <https://goaskalice.columbia.edu/quizzes/know-all-about-benefits-exercise-show-your-%E2%80%9Cguns>