

一项研究表明，力量训练运动，如靠墙静蹲和保持平板支撑姿势，是降低血压的最佳方法之一。英国研究人员表示，应该更新有关锻炼身体的指导建议，该建议目前主要关注走路、跑步和骑自行车等运动对身体健康的益处。

If you've never planked, it involves holding the starting **position** for a **push-up**. A **wall squat** requires you to hold a sitting position with your back against a wall.

如果你从来没有做过平板支撑运动，那么它指的是身体保持俯卧撑起起始位置的训练方法。靠墙静蹲运动则需要你保持坐姿，背部贴住墙面。

Both are **isometric** exercises, focusing on **static strength** training. According to a review of trials involving nearly 16,000 people, this type of exercise is the best way to lower **blood pressure** although all exercise is **beneficial**.

以上两种动作都是等长运动，侧重于训练静态力量。根据一项有近 1.6 万人参与的试验综述，尽管所有运动都对身体有益，但这种类型的运动是降低血压的最佳方式。

Instead of pushing up the heart rate like running, researchers say it increases **tension** in the muscles and then prompts a sudden **rush of blood** when the exercise is over.

研究人员们说，这类等长运动并不像跑步那样会提高心率，而是会增加肌肉的张力，然后在训练结束时引起血液的突然上涌。

## 1. 词汇表

position	姿势
push-up	俯卧撑
wall squat	靠墙静蹲
isometric	等长的，等距的
static	静态的，静止的
strength	力量
blood pressure	血压
beneficial	有益的
heart rate	心率
tension	张力，拉伸
rush of blood	血液上涌

2. 阅读理解：请在读完上文后，回答下列问题。（答案见下页）

1. Which exercise starts in the same position as a plank?
2. How do you do a wall squat?
3. According to the report, what is the benefit of isometric exercises?
4. True or False? *Isometric exercises cause a rush of blood during the exercise.*

### 3. 答案

1. Which exercise starts in the same position as a plank?

**A push-up starts in the same position as a plank.**

2. How do you do a wall squat?

**Hold a sitting position with your back against a wall.**

3. According to the report, what is the benefit of isometric exercises?

**The report says that isometric exercises are the best way to lower blood pressure.**

4. True or False? *Isometric exercises cause a rush of blood during the exercise.*

**False. Isometric exercises cause a rush of blood when the exercise is over.**