



# Bayview High

## *Muscle Bound* Chapter 8: Mix It with What?

### Understanding the Text—Comprehension

1. Is Kalen's routine realistic? What might be missing? (p. 45)

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2. What was Kalen's mom's concern? Was it justified? (pp. 46–47)

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What were the positives and negatives about Kalen working out? (pp. 46–47) Add some of your own ideas.

Positive effects of working out	Negative effects of working out

3. What is so humorous about ILS? Do you know anyone who walks as though he or she has ILS? (p. 48)

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4. Why is it important to do research before putting any substances into your body? (p. 49)

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5. Why was the gym getting pricey for Kalen? Do you think it is right for gyms to sell things? Why or why not? (pp. 50–51)

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