**Midterm Activity 1 in PATHFIT 1**

1. **What is Mobility?**

Mobility is the capacity to move about or migrate from one location to another. It has to do with how freely and easily items and people can move around. There are several ways to move about, including walking, biking, driving, taking public transportation, or even flying.

1. **How Compensation or Compensatory Action occurs?**

The term "compensation" or "compensatory action" along a journey refers to choosing a different path or going above and beyond to make up for an error or issue encountered along the way. It's similar to taking extra steps to make up for a bad turn you took earlier or looking for a different route to get to your destination if your primary one is blocked. When things don't go according to plan, all you have to do is change your path to get back on track.

1. **How to execute Quadruped position?**

A basic posture in physical pursuits including yoga, fitness, and physical rehabilitation is the quadruped pose. Start on all fours with your hands under your shoulders and your knees under your hips. Keep a neutral neck and a flat, tabletop-like back. Breathe normally, tighten your abdominal muscles by bringing your navel in, and keep your equilibrium. This position is a crucial place to start if you want to increase your strength, flexibility, and body control because it provides a sturdy base for many exercises.

1. **What is thoracolumbar junction?**

The region of your spine where your thoracic (upper back) and lumbar (lower back) regions connect is known as the thoracolumbar junction. It marks the transition between your lower back and ribs. This region is crucial since it moves a lot and frequently experiences discomfort or back pain.

1. **What is the difference between adductors to abductors?**

The muscles known as adductors are in charge of bringing a portion of your body closer to your midline. You use your adductor muscles, for instance, when you bring your legs together. These muscles support actions like tightening your thighs or knees. On the other hand, abductors act in the opposite way. They aid in repositioning a portion of your body away from the midline. Your abductor muscles are active when your legs are wide apart. For actions like extending your arms or legs away from your body, these muscles are essential.

1. **Give at least 5 sample of exercise regression**

* Incline Push-Ups
* Knee Plank
* Stationary Lunges
* Assisted Pull-Ups
* Chair Squats

1. **Give at least 5 sample of exercise progression**

* Bulgarian Split Squats
* Plank with Leg Lifts
* Weighted Pull-Ups
* Walking Lunges
* One-Arm Push-Ups