

# **Abs Revealed**

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## *Abs Revealed* Course Objectives

**After completing the Abs Revealed course, the participant will:**

1. To understand strategies to help utilize cardio training and ab exercises to create a strong core
2. To understand core concepts and basic anatomy of the abdominal area
3. To comprehend the roles of aerobic training and nutrition for reducing fat to help reveal you abs
4. To analyze the right foods at the right times and how to choose these foods wisely in order to properly fuel the body
5. To understand how to use various pieces of equipment in order to maximize your abdominal workout
6. To develop exercises and design a workout for the abs utilizing stability as well as dynamic movements
7. To understand the importance of using multiple directions of movement to maximize results for the entire core
8. To learn to encourage the use of goal setting and prioritizing nutrition changes
9. To understand the three phases of sculpting the abs: Rock, Paper, and Scissors



## *Abs Revealed* Course Examination

For each of the following questions, circle the letter of the answer that best answers the question.

1. All of the following muscles are a part of the outer abdominals EXCEPT:
  - A. Internal obliques
  - B. Erector spinae
  - C. Transverse abdominus
  - D. Rectus abdominus
  
2. Which of the following statements is false concerning the internal obliques?
  - A. The internal obliques are the main stabilizers of your trunk
  - B. The left internal oblique contracts when you rotate to the left
  - C. The internal obliques are angled as if you are putting your hands in your back pockets
  - D. The left internal oblique contracts when you rotate to the right
  
3. How long does movement need to take place in order for it to be considered aerobic?
  - A. 30 minutes or longer
  - B. 20 minutes or longer
  - C. 10 minutes or longer
  - D. 3 minutes or longer
  
4. Which fuel system is considered to be the "rocket fuel" system?
  - A. Aerobic
  - B. Lactic acid
  - C. Phosphagen
  - D. Glycolytic
  
5. All of the following affect max heart rate EXCEPT:
  - A. Heart size
  - B. Genetics
  - C. Altitude
  - D. Temperature
  
6. The term used to describe the point at which your body transitions from using fat into using carbohydrates for fuel is called the:
  - A. Ventilatory Threshold 1
  - B. Max heart rate
  - C. Ventilatory Threshold 2
  - D. Target heart rate

7. What activity utilizes 75% fat and 25% carbohydrates for fuel?
  - A. Sprinting
  - B. Light jogging
  - C. Strength training
  - D. Interval training
  
8. When the body continues to burn calories at an elevated rate after completing a workout, this is called:
  - A. HIIT
  - B. Metabolism
  - C. Afterburn
  - D. VT1
  
9. Concurrent training is when:
  - A. Two or more types of cardio are incorporated into one workout
  - B. Cardio and strength training are performed in the same workout session
  - C. Cardio and strength are performed in the same day, but not in the same workout
  - D. When cardio training is performed two days in a row
  
10. When cardio and strength are performed in the same workout, when should the cardio portion take place?
  - A. In the evening
  - B. In the morning
  - C. Immediately before the strength training
  - D. Immediately after strength training
  
11. Which type of fat has two or more spots available for hydrogen molecules to attach?
  - A. Polyunsaturated
  - B. Monounsaturated
  - C. Saturated
  - D. Trans fats
  
12. Which of the following is not a function of unsaturated fats?
  - A. Hormone production
  - B. Cushions joints
  - C. Fights inflammation
  - D. Maintains brain function
  
13. Which type of oil or fat is a healthier choice according to Table 3.1?
  - A. Peanut oil
  - B. Soybean oil
  - C. Corn oil
  - D. Sesame oil
  
14. What word should you look for on food labels in order to confirm that trans fats are not in the product?
  - A. Monounsaturated
  - B. Unsaturated
  - C. Saturated
  - D. Hydrogenated

15. When should whole grains be eaten during the day?
  - A. As a mid day snack
  - B. Early
  - C. Lunch
  - D. Dinner
  
16. Processed grains only contain what part of the wheat?
  - A. Germ
  - B. Endosperm
  - C. Bran
  - D. Flour
  
17. Which of the following is not one of the three guidelines on when to eat?
  - A. Eat ever two to four hours
  - B. Never skip breakfast
  - C. Never eat right before bed
  - D. Eat immediately after a workout
  
18. Which statement is false
  - A. It is possible to eat healthy at a restaurant
  - B. Eat protein at every meal
  - C. Vegetables should be eaten at every meal
  - D. Trans fats have been banned in most states in this country
  
19. Which statement is not a myth?
  - A. Fasting and cleansing cuts the fat out of our bodies
  - B. Eating 1 hour before bedtime is ok
  - C. Good and bad foods do not exist
  - D. You should never eat after a certain hour of the day
  
20. Which statement below is correct?
  - A. Quantity is more important than quality initially
  - B. Exercises that work the lower portion of the rectus abdominus are often demanding
  - C. The TRX is only available in gyms
  - D. Exercise names are mostly appropriate depicting the muscle or the movement
  
21. All of the following are correct concerning the use of the TRX EXCEPT:
  - A. When moving the body toward neutral and the feet away from neutral, it decreases resistance
  - B. The TRX is the only ab exercise you need to perform for great core and abs
  - C. When moving the body toward neutral and the feet on your side of neutral, the resistance increases
  - D. Changing the starting position in the TRX changes the resistance
  
22. When performing the supine draw-in, you should
  - A. Make sure to activate the deepest abdominal layers
  - B. Contract fully to activate the outer abs
  - C. Feel like you are getting a good workout by working to your max
  - D. Keep the knees straight
  
23. Which exercise is performed as if you challenged a friend to hit you in the abs?
  - A. Prone brace
  - B. Prone plank
  - C. Supine draw-in
  - D. Supine brace

24. Which is not considered proper technique when performing the reverse crunch with hand targets?
- Pull the hips upward until the knees tap the palms of your hands
  - Lift the hips a lower part of your spine off the floor
  - Move the pelvis as much as possible for maximum benefit
  - Avoid losing tension in the abs at the end of the movement
25. Why place your fist under your chin when performing the HTIL Crunch?
- To use one hand behind the head to make the exercise harder
  - To use the chin to help you contract the abs
  - To prevent you from pulling on your neck
  - To help keep your feet from lifting off the floor
26. Which statement is false concerning the Bird Dog exercise?
- It is a hard exercise to do correctly
  - The shoulder should not lift as you raise your arm
  - Allow the spine to extend
  - The spine creates the movement as opposed to the hip or shoulder
27. If the client is wearing pants while performing the Reverse Crunch with Stability Ball, what should they do?
- Narrow the legs to grip the ball with the back of the heels of his shoes
  - Perform the side plank exercise instead
  - Hold the ball with the inside of the heels
  - Have him flex the hips in order to lift the ball without it slipping
28. Which of the following is not the correct technique for the Semi-Vise Crunch with Stability Ball exercise?
- Allow the scapula to lightly tap the floor when lowering
  - Lower the leg towards the floor, but not all the way to the floor
  - Lift both legs under the ball and your upper torso at the same time
  - Where the ball stops as you raise your leg depends on your strength and range of motion
29. When performing the Vise Crunch with Stability Ball, how do you control the intensity of the abdominal contraction?
- By how large the stability ball is
  - By how high you lift your torso
  - By how high you lift your leg
  - By varying how hard you press your hands on the ball
30. What is the difference between the Vise Crunch with Stability Ball exercise and the Vice Crunch with Leg Roll with Stability Ball exercise?
- The Vice Crunch with Leg Roll with Stability Ball exercise works the obliques
  - The Vise Crunch with Stability Ball exercise works the obliques
  - The Vice Crunch with Leg Roll with Stability Ball exercise is for beginners
  - The Vise Crunch with Stability Ball exercise is more advanced
31. What is the difference between the regular plank exercise and the Plank with Elbows on Stability Ball?
- The plank on the stability ball requires a greater demand on the abs
  - The regular plank requires the use of the outer abs more than the stability ball
  - The regular plank requires a greater demand on the abs
  - The plank on the stability ball is easier than the regular plank

32. Which is not the correct position or technique for the leg raise with TRX?
- Use a strong downward force through the palms of your hands
  - Keep legs straight as you slowly lower them towards the floor
  - Press your palms into the handles
  - Lie on your back with your waist at the anchor point
33. What is the correct technique for the resisted roll-up with TRX exercise?
- Hold the arms straight and angled out to the side
  - Hold the arms straight and in front of the trunk of your body
  - Keep the palms supinated
  - Provide an upward force with the hands into the handles
34. Which is not a major movement of the spine?
- Compression
  - Flexion
  - Rotation
  - Extension
35. Which exercise is not considered to be one of the “worst of the classics?”
- Partner leg throw
  - Abdominal machine
  - Side bends
  - Fast trunk twists
36. What is the proper loading point when performing abdominal exercises on the stability ball?
- Slightly away from the point where you begin shaking
  - At the point where you begin shaking
  - With the ball under the neck and upper back
  - With the ball under the upper back only
37. All of the following are correct techniques for the reverse crunch from the floor EXCEPT:
- Allow your hips to lightly touch the floor
  - Swing the legs for more work on the inner abs
  - Move your hips up and in towards the ribs
  - Keep the hip joint fixed throughout the exercise
38. How can you increase the tension when performing the hanging knee raise?
- Lift the knees higher
  - Start with your feet just slightly behind your hips
  - Lift one leg at a time
  - Start with your feet just slightly in front of your hips
39. What is the benefit of keeping the knees straight for the hanging leg raise vs. keeping them bent for the hanging knee raise?
- The hanging leg raise is easier than the hanging knee raise
  - By keeping the knees straight, the obliques are worked more
  - By keeping the knees bent, you work the rectus abdominus more
  - By keeping the knees straight, you add more torque or resistance
40. Correct performance tips for the crunch on the stability ball include all of the following EXCEPT:
- Avoid bouncing on the ball
  - Avoid taking the shoulders too far past the hips as you lower
  - Flex the spine as much as you can in order to keep your inner abs engaged
  - Keep the torso open a little



41. What is the difference between the crunch with lateral arm swing on the stability ball and the crunch on the stability ball?
- Find your loading point is not necessary for the lateral arm swing exercise
  - Only the lateral arm swing exercise engages the inner abs
  - Only the crunch engages the inner abs
  - The lateral arm swing engages the obliques more
42. When performing the crunch with offset torso, what is the purpose of sitting off center on the stability ball?
- It causes the rectus abdominus to act as a stabilizer
  - It activates the transverse abdominus more so than being centered
  - It activates the obliques more so than being centered
  - It engages the erector spinae as a stabilizer
43. When performing the quad crunch with single leg on the stability ball, having the arms above the head:
- Increases the resistance/torque on the abs
  - Makes the exercise easier
  - Allows you to use more momentum to get more out of the exercise
  - Helps protect the neck
44. What is considered to be the hardest part of the lateral rolling plank on the stability ball?
- Stabilizing for the starting position
  - Stopping the rotation movement
  - Keeping the feet in contact with the floor
  - Maintaining the arm position
45. When performing the plank with knee tuck on the stability ball, maintaining control on the ball helps develop:
- Endurance
  - Power
  - Strength
  - Flexibility
46. Which position is the most challenging when performing the layout pike on the stability ball?
- The hip position when performing the pike
  - The bottom position when in the pike
  - The extended lay out position
  - Maintaining the feet on the ball in the pike position
47. Which of the following is not correct technique when performing the TRX pike?
- Lift so the torso is stacked over your head
  - Lift the hips towards the ceiling
  - Keep the legs straight
  - Keep the eyes towards the floor throughout the exercise
48. Moving too fast while performing the elevated mountain climber with TRX will:
- Allow you to pull your knee in towards your chest further
  - Make it easier to control the TRX straps
  - Be almost impossible to recover control
  - Cause you to have to move your hands farther away from the anchor point

49. Which exercise is most difficult?
- Elevated crunch and body saw with TRX
  - Kneeling layout with TRX
  - TRX pike
50. When performing the kneeling layout with TRX, if the hips are flexing, it means:
- The starting point is too far forward from the anchor point
  - The starting point is too far behind the anchor point
  - The resistance is too much
  - The resistance is too little
51. The Reebok slide is incorporated into what phase of your abdominal workout?
- Scissors
  - Paper
  - Rock
  - Pencil
52. What is the difference between the old school bicycle crunch vs. the one presented in the book?
- In the modern version, the ribs should pop up as you touch your shoulders to the floor
  - The modern version is performed slowly
  - In the modern version the shoulders rest on the floor throughout the exercise
  - The old version worked the abs more by rotating the head
53. Which statement is incorrect concerning the hanging knee raise with a twist?
- Rotate the hips
  - Move slower than you think you need to
  - The obliques are the primary muscle worked
  - More reps are needed for this exercise
54. All of the following are proper performance tips for the bar chop exercise EXCEPT:
- Your abs move the bar
  - Your arms steer the weight
  - The maximum weight to use for the bar is 10 lbs
  - The key to the exercise is to find the best balance between the speed and weight
55. When performing the standing oblique crunch with cable, extra attention should be paid to:
- Keeping the arms straight
  - Pulling with the arms
  - The angle of the movement
  - Slowing the movement on the return especially at the top of the exercise
56. Which of the following is considered proper technique when performing the plank with cross-body knee tuck on the stability ball?
- Keep the back straight throughout the exercise
  - Round the back slightly when tucking the knee
  - Tuck your right knee towards your right shoulder
  - Drive the knee forwards as quickly as possible

57. Which of the following is not considered proper technique with the hip roll with thread the needle on stability ball exercise?
- Once the left leg is rotated, it rests on the ball before being “threaded through”
  - Perform all reps on one leg before switching
  - When the left leg is lifted at the start of the exercise, rotate the leg behind you first
  - Start the exercise in a plank position
58. Which statement is correct when performing the pendulum pike with TRX?
- Look behind you at the anchor point at the beginning of the exercise
  - Look behind you towards the anchor point when at the top of the pike movement
  - Look at the floor throughout the entire movement
  - Look at the anchor point throughout the exercise
59. What is the difference between the elevated mountain climber and the pendulum mountain climber with TRX?
- The elevated mountain climber adds a rapid swing to the left and right
  - The elevated mountain climber is performed faster
  - The pendulum with TRX is performed more slowly
  - The pendulum with the TRX adds a rapid swing to the left and right
60. What is the proper order when performing the TRX side plank with reach-through?
- Hips down, arm up, hips up, arm down
  - Arm up, hips up, arm down, hips down
  - Hips up, arm down, hips down, arm up
  - Arm down, hips up, arm up, hips down
61. Proper technique for performing the TRX side plank with tuck include all of the following EXCEPT:
- Tuck the top arm towards the opposite elbow
  - Begin the starting position with the top arm parallel to the floor
  - Return the right arm to the starting position first, then return the left leg
  - Perform all reps on one side before switching to the other side
62. What is the main difference between the traditional mountain climber and the mountain climber with the slide?
- The traditional mountain climber focuses on the obliques more
  - The mountain climber with the slide involves a hop to switch legs
  - The mountain climber with the slide involves a focus on the obliques
  - The traditional mountain climber involves a hop to switch legs
63. When should you train your abs?
- It depends on your goals and workout personality
  - At the beginning of the workout
  - In the middle of your workout
  - At the end of your workout
64. All of the following are guidelines on when to break the rules of the timing of training your abs EXCEPT:
- Do not break the rules when beginning a new workout
  - Do not break the rules if you have been doing the same workout for a few weeks
  - Do break the rules if abs are your main priority in your workout
  - Do not break the rules if you are using a lot of new exercises

65. What is the number one reason people skip their exercise workout?
- Time
  - Money
  - Pain
  - Lack of experience
66. How often per week should these abdominal exercises be included in your workouts?
- All workout days
  - 2 times per week
  - 1 time per week
  - 3 times per week
67. Which of the following is not the purpose of the warm up?
- Increase blood flow to the extremities
  - Prepare the body for exercise
  - Switching off the nervous system
  - Raise temperature of the body
68. How many sets and reps are enough for a warm up?
- 2 sets of 15 – 20 reps
  - 1 set of 5 reps
  - 3 sets of 5 reps
  - 1 set of 10 – 20 reps
69. When working in stage 1 what is the key difference between workout A and workout B?
- Workout A consists of novel, challenging exercises while workout B are exercises you have probably performed before
  - Unilateral exercises are in workout A, bilateral exercises are in workout B
  - Single leg squats are in workout A, deadlifts and bench presses are in workout B
  - Bilateral exercises are in workout A, unilateral are in workout B
70. An example of a vertical push exercise is:
- Bench press
  - Shoulder press
  - Row
  - Pull up
71. According to the book, only a few exercises focus on:
- Movement
  - Antagonists
  - Mobilization
  - Stability
72. How often should you perform the VT1 HR test if you plan to perform your cardio workouts immediate after your resistance-training workouts?
- Once
  - Twice on the same day
  - Twice on separate days
  - Once per week for 2 weeks
73. What is the definition of HIIT?
- A V02 of 95% or higher
  - A heart rate of 90-100% of max
  - An RPE of 9 or 10 on the 1-10 scale
  - It is different for each person

74. In order to use your workout time effectively, what is the best method?
- HIIT
  - Supersets
  - 3 sets of 8-10 reps
  - Periodization
75. What is your goal number of reps in Workout A and B respectively?
- 20 and 10
  - 8 and 12
  - 10 and 20
  - 6 and 10
76. Which statement is false for Stage 1?
- Use shorthand notations to help you write your journal
  - Using a training journal helps you to adjust for intensity in the next workout
  - Recording resistance training is important
  - Journaling cardio workouts is very important
77. Which statement is true concerning lifting speeds in Stage 1?
- Traditional speeds are used in workout B
  - In workout A, you will lift the weights faster
  - In workout B, the weights are heavier and balanced
  - Workout B introduces stability challenges
78. What is the Ross Rule?
- Warm up should always be 5 minutes minimum
  - Always stretch after your workout
  - Utilizing the abs as stabilizers while performing cardio exercise
  - Split your workout into 3rds for time efficiency
79. During stage 1, the Rock phase places the ab exercises where in the workout?
- End of the workout
  - Beginning of the workout
  - Middle of the workout
  - Separate day from cardio
80. During week 1 of stage 1, how often per week is cardio only performed?
- 2 times
  - 4 times
  - 2-3 times
  - 5 times
81. What is different in stage 1 week 2 from week1?
- The rest interval in HIIT is increased by 10 seconds
  - Resistance training is now 3 days per week
  - ZT cardio is 21 minutes on resistance training days
  - ZT cardio is 45 minutes on cardio-only days
82. Which statement is true concerning week 2 in stage one?
- Workout B consists of 15 minutes of HIIT
  - 5 ab exercises are chosen for cardio only days
  - Workout A consists of 5 ab stability exercises
  - The foundational four are only completed during days 1 and 3

83. Which statement is true concerning week 3 in Stage 1?
- ZT cardio is 15 minutes on cardio only days
  - ZT cardio is now 20 minutes on resistance days
  - The interval are 5 minutes long on cardio only days
  - Subtract one abdominal exercise on resistance training days
84. Which week has the most complex schedule in stage 1 Rock phase?
- Week 1
  - Week 2
  - Week 4
  - Week 3
85. Which of the following is one of the changes that are implemented in Stage 2?
- You will do your abdominal exercises after your resistance training in workout B
  - One more exercise is added to the foundational four exercises
  - You no longer need to do the foundational four exercises
  - The foundational four now become your cool down
86. Which statement is correct for Stage 2?
- Workout B consists of unilateral and asymmetrical loads
  - Avoid pre-fatiguing your abs in workout B
  - Rigid adherence to the rules is imperative in this stage
  - You will still be stabilizing heavy loads during the exercises in this stage
87. In stage 2, how long do you need to incorporate your 3<sup>rd</sup> and 4<sup>th</sup> nutritional priorities?
- 4 weeks
  - 2 weeks
  - 5 weeks
  - 3 weeks
88. In stage 2, all of the following can be performed in the paper phase EXCEPT:
- Keep the abdominal workouts at the end of your workouts
  - Try new mobility exercises during workout B
  - Use some of the same exercises between workout A and workout B
  - Use none of the same exercises between workout and workout B
89. Which statement is incorrect for workouts in stage 2 week 1?
- Workout B incorporates 6 bilateral exercises
  - In workout A, two stability and 4 mobility exercises are chosen for the abs
  - The HIIT cardio program alternates intense and lower activity exercises every 30 seconds
  - Cardio only days utilizes 14 minutes of HIIT
90. Which statement is true concerning changes that occur in week 2 in stage 2?
- ZT cardio is now 30 minutes
  - In workout B, all ab exercises are stability exercises
  - In workout B, all ab exercises are mobility exercises
  - IN HIIT, the rest interval increases by 10 seconds
91. What is different in the week 3 program of stage 2?
- Cardio-only days increase to 2 days per week
  - The HIIT program has 4 minutes added to the total time of cardio-only days
  - The rest interval in the HIIT program stays constant at 15 seconds
  - During ZT training, more time is spent in zone 1 and less in zone 2

92. Once you have reached stage 3, how many weeks have you been in the program?
- 4 weeks
  - 6 weeks
  - 8 weeks
  - 10 weeks
93. Which is true regarding stage 3
- Ab exercises are chosen based on preferences
  - Ab exercises are set on a select few
  - Since there is no extra time in the workout, resistance training is limited
  - Cardiorespiratory training will stay in zone 1
94. Differences in week 2 stage 3 workouts include all of the following EXCEPT:
- ZT cardio workouts stay in zone 2
  - ZT cardio is 20 minutes
  - HIIT cardio changes to reduce the rest interval by 3 seconds
  - Add resistance to the resistance-training exercises
95. Which statement is false concerning week 3 HIIT training?
- Cardio only is 15 minutes long
  - Total time for resistance training and cardio is 30 minutes
  - The interval ratio of intense exercise to lower intensity is 40:20
  - Walking is appropriate as a low intensity activity in HIIT
96. What changes are made in week 4 of stage 3?
- HIIT rest intervals vary between 10, 20, and 30 seconds
  - ZT cardio incorporates 10 minutes in zone 2
  - Spend 5 minutes above zone 2 during ZT training
  - Alternate 5 minutes in zone 1, 1 minute above zone 1 and five minutes in zone 1
97. What is considered to be the most dangerous point to relapse in your program?
- The Paper phase
  - At the beginning of the program
  - When you are close to your goal
  - The Rock phase
98. During the physical maintenance portion of the program, the resistance-training exercises should focus on all of the following areas EXCEPT:
- Thighs
  - Hips
  - Torso
  - Upper body
99. Which of the following is not a technique used to confuse your body to help maintain your results?
- Increase the amount of rest between sets
  - Try a variation of the exercise
  - Change the order of the exercises
  - Increase the number of reps
100. Which of the following is not one of the key concepts of *Abs Revealed*?
- Avoid breaking the rules for the best consistency
  - The inner and outer abs work together
  - Training the abs with movement is just as important as training for stability
  - Train for the feeling and not the number of reps