

# **Explosive Lifting** **For Sports**

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## **Learning Objectives:** **Explosive Lifting for Sports**

After completing Explosive Lifting for Sports, the participant will be able to:

1. Define and understand strength.
2. Explain the physiological adaptations from strength training.
3. Understand philosophy of using explosive lifting to optimize strength.
4. Distinguish between concepts of strength and power.
5. Explain factors that effect power.
6. Identify testing methods for determining upper and lower body power in athletes.
7. Explain how power training relates to sport performance and injury reduction in athletics.
8. Explain the relationship of plyometrics and Olympic weightlifting in training.
9. Explain the importance of lifting technique and instructions methods to enhance learning.
10. Identify the most efficient techniques for pulling the bar from the floor including set-up, bar trajectories and receiving techniques.
11. Identify the phases of basic pulling technique from gripping the bar to receiving the bar.
12. Explain safety practices and strategies to modify technique based on individual characteristics.
13. Identify proper technique for the Snatch exercise including phases of the lift, and variations on traditional execution.
14. Explain the ideal teaching progression from partial range of motion to full execution of the Snatch.
15. Identify proper technique for the Clean exercise including phases of the lift, and variations on traditional execution.
16. Explain the ideal teaching progression from partial range of motion to full execution of the Clean.

17. Identify proper technique for the Jerk exercise including phases of the lift, and variations on traditional execution.
18. Explain the ideal teaching progression from partial range of motion to full execution of the Jerk.
19. Identify accessory lifts that support development of strength and technique necessary for progressive execution of pulling technique.
20. Identify specific strengthening exercises that enhance the structural foundation on which heavy loading for the Olympic Lifts can be enhanced.
21. Explain basic program design for enhancing strength through resistance exercise.
22. Explain periodization in resistance exercise and learn how to best implement this strategy for the explosive lifts.
23. Identify appropriate integration of explosive lifting into sport-specific training programs.
24. Understand the specific demands of various sports.
25. Explain the necessary modifications in the Olympic lifts to avoid overuse injuries.



## CEC/CEU Test for Explosive Lifting for Sports

Choose the best answer. Mark all answers on the answer sheet.

1. The sport of Olympic weightlifting requires competitors to demonstrate strength in which lifts
  - A. Snatch and Press
  - B. Snatch and Clean-and-Jerk
  - C. Squat and Jerk
  - D. Squat, Deadlift, and Bench Press
  
2. \_\_\_\_\_ is often used to describe the primary lifts in Olympic weightlifting.
  - A. "Squat jumping"
  - B. "Powerlifting"
  - C. "Pushing through the platform"
  - D. "Jumping with weights"
  
3. \_\_\_\_\_ or slow-speed strength might be described as maximum muscular strength.
  - A. Absolute Strength
  - B. Explosive Power
  - C. Relative Strength
  - D. Power-Endurance
  
4. \_\_\_\_\_ allows for the comparison of strength between individuals.
  - A. Absolute Strength
  - B. Relative Strength
  - C. Relative Endurance
  - D. Speed-Strength
  
5. What is the biggest obstacle encountered in strength testing?
  - A. There are no safe lifts to use
  - B. The safe lifts are non-specific to function or performance
  - C. The measuring devices are too expensive
  - D. Bodyweight varies between individuals
  
6. The number of \_\_\_\_\_ incorporated in a strength training program will ultimately determine the benefits received.
  - A. Repetitions
  - B. Intensity
  - C. Sets
  - D. Rest Intervals

7. The initial benefits from resistance training results primarily from:
  - A. Hypertrophy
  - B. Endurance
  - C. Neural adaptation
  - D. Nutrition
  
8. Power is best described as:
  - A. The combination of strength and speed
  - B. The maximum amount of weight that can be lifted one time
  - C. The number of times a weight can be lifted explosively
  - D. The best method for muscle hypertrophy
  
9. Which of the following muscle fibers would you expect to find in large numbers in an Olympic Weightlifter?
  - A. Type IIa
  - B. Type I
  - C. Type IIb
  - D. Type Ib
  
10. When performing the “seated medicine ball throw” the athlete should:
  - A. Press the ball from the chest as quick as possible for distance
  - B. Throw the ball from overhead as quick as possible for distance
  - C. Toss the ball from the chest with your dominant arm
  - D. Twist and throw the ball for distance.
  
11. Although similar, \_\_\_\_\_ refers to an ability to develop force rapidly, whereas \_\_\_\_\_ refers to the capacity for generating maximum force in the shortest time possible.
  - A. Power-endurance; strength
  - B. Speed strength; explosive strength
  - C. Explosive strength; speed strength
  - D. Explosive strength; power
  
12. Which of the following processes most closely describes the Stretch Shortening Cycle (SSC)
  - A. A concentric muscle contraction followed by an eccentric muscle contraction
  - B. Actin and myosin cross-bridges attach and move closer together
  - C. An eccentric contraction followed by a long pause and then a concentric contraction
  - D. An eccentric muscle contraction immediately and rapidly followed by a concentric muscle contraction.
  
13. The time it takes for an individual to decelerate the countermovement and accelerate into the next movement is called:
  - A. Jump Phase
  - B. Amortization Phase
  - C. Momentum
  - D. Explosive Power
  
14. According to the Cincinnati Sports Medicine and Orthopedic Center, when training young athletes with plyometrics you should:
  - A. focus on holding the “stick” or landing position for a longer time period
  - B. jump as high as possible
  - C. use a box for landing
  - D. be capable of squatting with bodyweight

15. Before load and intensity, the first step of weightlifting education is to develop which of following:
- Strength
  - Power-Endurance
  - Flexibility
  - Optimal technique
16. One drawback to using The Part Method for teaching a weightlifting movement is:
- It fails to build optimal strength
  - It can't be used for more than a few sessions
  - It only transfers to certain sports
  - It does not improve coordinated execution of the entire lift.
17. Early weightlifting events required that lifters be competent in which of the following group of lifts
- The Snatch, clean-and-jerk, press, one-hand snatch, and one-hand clean-and-jerk
  - Squat, Deadlift, Bench Press
  - Overhead Press, Squat, Clean
  - Push-ups, Sit-ups, Pull-ups, Squats
18. It is vital that ALL beginners practice the snatch and clean-and-jerk using what implement?
- Olympic barbell
  - Dumbbells
  - A dowel rod
  - Kettlebells
19. Which of the following is considered the governing body for the sport of weightlifting in America?
- US Weightlifting Association
  - USA Weightlifting
  - USA Track and Field
  - US Olympic Weightlifting Society
20. Which of the following best describes how the clean-and-jerk got its name?
- It best describes how the movement looks
  - The original rule required that the weight be lifted directly overhead without touching the body
  - Its named for the people who invented it
  - The original rules prohibited lifters from touching the body before the catch phase.
21. The trajectory of an efficient "pull" resembles which of the following?
- The letter 'S'
  - A straight line
  - A 'C' Curve
  - An arrow
22. Which of the following pulling technique modifications is credited to the Japanese to help lifters with a longer torso and shorter arms and legs?
- A more narrow stance-width
  - External rotation of the hips so that the heels are turned inward, sometimes referred to as "frog style"
  - Higher starting hip position
  - Bending elbows to better compact the body
23. The "double knee bend" technique refers to:
- The lifter bends twice before beginning the lift for motivation
  - Just prior to the catch phase the lifter bends his/her knees to more safely absorb the stress
  - During the jump phase the lifter bends the knees to create more stability
  - Following the initial pull from the floor, a lifter will again flex the ankles, knees and hips in attempt to increase power by achieving a more efficient jumping position to drive the weight upward.

24. What is the recommended method for aligning the body with the bar at the start of the lift?
- Feet hip-width apart with the bar over the meta-tarsal phalangeal joint
  - Feet shoulder-width apart with the knees over the bar
  - Feet staggered with shoulders over the bar
  - Feet hip-width apart with the bar directly against the tibia
25. How does the proper position for addressing the bar in weightlifting differ from the address position for a deadlift?
- Feet are further apart in O-lifting
  - Spine is flexed to a greater angle in the deadlift
  - In the deadlift the shins are placed directly in contact with the bar
  - Knees are flexed more in O-lifting
26. Which of the following is often used to “cue” a lifter during initial liftoff?
- Pull the bar up
  - push the platform away
  - Jump with the weight
  - Stand tall
27. Which joints are moving during the initial pull?
- hips and knees
  - ankles and knees
  - shoulders and hips
  - hips, knees, and shoulders
28. Once the bar is lifted to knee-height balance should be shifted:
- toward the forefoot
  - away from the mid-foot
  - toward the rear of the foot just slightly
  - toward the heel of the foot
29. During the Scoop phase of the lift, the hips and knees migrate in which direction?
- Above the bar
  - Under the bar
  - Beneath the shoulders
  - Behind the mid-foot
30. In the Jump phase of the snatch, the bar comes in contact with the \_\_\_\_\_ and \_\_\_\_\_ .
- upper thigh; lower abdomen
  - shins or tibia; upper thigh
  - chest; abdomen
  - shoulders; thighs
31. In the Jump phase of the clean, the bar comes in contact with the \_\_\_\_\_ .
- abdomen
  - tibia or shins
  - chest
  - mid-to-upper thigh
32. Following the Jump phase of the lift a lifter should attempt to do which of the following?
- push themselves under the bar
  - pull themselves under the rising bar
  - pull the bar overhead
  - push the bar to the catch position



33. Stomping to cue the Pull Under phase might not be advisable because:
- A. It becomes impossible to accelerate the downward movement of the bar.
  - B. The bar is too heavy
  - C. There is not enough time to leave the ground
  - D. Gravity is acting against the lifter
34. During the catch phase, the Olympic-barbell \_\_\_\_\_ to flip into the receiving position
- A. is released
  - B. locks
  - C. revolves
  - D. is pushed away
35. To grasp the bar using a “hook” grip:
- A. cup the bar loosely with the palm with the thumb against the bar, wrap the index and middle finger around the thumb
  - B. grasp the bar firmly with the thumb wrapped around the bar but outside the fingers
  - C. always use wrist-wraps for additional support
  - D. use only a shoulder-width grip
36. What might be considered a limiting factor for using a hook grip?
- A. the length of the lifters forearms
  - B. the length of the lifter’s thumbs
  - C. the amount of wrist flexibility
  - D. not having metal grip-hooks available to use
37. The wing span test is used to assess which of the following?
- A. The appropriate stance-width
  - B. The comparative torso-to-limb length
  - C. The thigh to arm ratio
  - D. the comparative length of the arms and height
38. The \_\_\_\_\_ -to- \_\_\_\_\_ ratio determines the pulling and receiving positions utilized by the lifter.
- A. Humerus-to-Femur
  - B. Torso-to-Limb
  - C. Femur-to-Tibia
  - D. Tibia-to-Humerus
39. Lifters with long thighs and shorter torsos must develop compensatory mobility in which joint?
- A. Ankles
  - B. Knees
  - C. Hips
  - D. Shoulders
40. In Olympic weightlifting a standard 25 kilogram plate has a diameter of \_\_\_\_ inches.
- A. 12
  - B. 18
  - C. 24
  - D. 16.5

41. What is the benefit of using weight plates, which are available as light as 2.5 kg that have the same diameter as a 25 kg plate?
- Allows beginning weightlifters to learn technique with the bar at the same height from the floor as the larger plates
  - The barbell is more evenly weighted
  - It enhances confidence because the lifter looks as if he/she is lifting heavier weight
  - It allows someone to progress to the next level before actually perfecting technique in a beginner lift
42. The diameter of the women's Olympic bar is \_\_\_\_ millimeters, compared to \_\_\_\_ mm for the men's bar.
- 12; 24
  - 18; 28
  - 28; 36
  - 25; 28
43. The size of a competition platform is:
- 4 ft<sup>2</sup>
  - 15 ft on all sides
  - 4 m<sup>2</sup> or 13 ft per side
  - Equal to the size of a traditional Power Rack
44. The benefits of a Power Rack include all of the following EXCEPT:
- Safe lifting without a spotter
  - Safest place to practicing the Olympic lifts
  - Partial lifts
  - Lifts challenging overhead stabilization
45. How often are spotters necessary in Olympic weightlifting?
- Only during the Snatch
  - Only during the Clean
  - Never
  - Always
46. Which of the following best describes the correct method for returning the bar to the platform following a Snatch or Clean-and-Press?
- Lower the bar to the shoulders to rest first
  - Controlled dropping taking hands off the bar after it passes the waist and stepping back slightly
  - Slowly reverse the movement and softly place the bar on the ground
  - Let go of the bar and begin to walk away
47. If a lifter fails to get the bar overhead in any lift what is the best recovery option?
- Push the bar forward to drop
  - Step up to save the lift
  - Duckwalk under the bar
  - Duck your head under and catch it on your shoulders
48. If the bar drifts backwards when overhead you should:
- Step backward to save the lift
  - Perform the double-knee bend and lean forward
  - Push the bar forward and drop it
  - Lock the elbows and step forward quickly to drop the bar behind

49. Should a lifter fall on his or her back with the bar on the front of the shoulders which of the following is likely to occur?
- Decapitation
  - The bar will roll downward and land on the lifters chest
  - Nothing, with full-sized plates the bar has clearance to pass over the head.
  - The bumper plates will allow the bar to bounce off the floor
50. The best way to prevent injury during Olympic weightlifting is to:
- Practice falling under the bar
  - Practice safely dropping the bar with light weight
  - Practice dropping the bar with heavy loads
  - Build up the accessory muscles before attempting Olympic lifts
51. Of the three Snatch styles, which is BEST for lifting the heaviest weight?
- Squat Snatch
  - All are equal
  - Power Snatch
  - Split Snatch
52. Although the \_\_\_\_\_ Snatch is no longer used in competition, it may be a viable movement for \_\_\_\_\_?
- Power; endurance athletes
  - Split; Athletes who require single leg strength and power
  - High hang; gymnasts and martial artists
  - Split; Athletes who need frontal plane explosiveness
53. Tall athletes with flexibility restrictions might favor which of the following variations?
- Power Snatch
  - Split Snatch
  - Squat Snatch
  - Grip Snatch
54. The recommended starting position for the Snatch suggests that hips should be \_\_\_\_\_ the knees.
- Below
  - Even with
  - Above
  - Beside
55. During which phase of the Snatch are the hips brought under the bar?
- Liftoff
  - Jump
  - Pull-Under
  - Scoop
56. Which joint is stressed most during the Catch phase of the Snatch?
- Shoulder
  - Elbow
  - Wrist
  - Scapula

57. Which of the following is considered the best method for determining proper grip width for the Snatch?
- Grasp the bar shoulder-width
  - Place your middle fingers over the notch in the bar
  - With the left shoulder abducted 90 degrees, measure from the first knuckles of the left hand to the lateral head of the deltoid.
  - Measure 1.5 times bi-acromial width
58. To get comfortable with the appropriate grip it is recommended that you practice by first \_\_\_\_\_ and then performing \_\_\_\_\_.
- Pressing the bar overhead; overhead squats and lunges
  - Using a dowel rod; Snatches and Cleans
  - Gripping the bar with heavy weight; deadlifts
  - Pressing the bar overhead; deadlifts and squats
59. Which of the following best describes the “hang” position for Hang Snatches and Cleans?
- Start by lifting the bar from the floor
  - Start the movement with the bar off or above the floor
  - Use a power rack with the spotter bars at mid-thigh
  - Start by leaning forward so the bar does not touch the body
60. During the High Hang Snatch Pull which of the following should be avoided?
- Bringing the bar to the height of the sternum
  - Rapid triple-extension of the hips, knees and ankles
  - Pausing at and holding the end range of motion
  - Contacting the thighs
61. In competition it is illegal to do which of the following during a Snatch lift?
- Dropping into a low squat to catch the bar
  - Allowing the bar to contact the thighs
  - Scooping the hips under the bar
  - Press out the bar to get to the overhead position
62. Which component of the lift is considered most difficult for a beginner to learn?
- The “scoop” in which the hips are drawn under the bar
  - The “jump” in which explosive triple-extension of the hips, knees and ankles occurs
  - The “catch” in a deep squat position
  - Getting comfortable with the “hook” grip
63. Why is the Power Snatch incorporated during initial teaching?
- Allows the lifter to use a partial range of motion
  - To avoid wasting time using the various “hang” positions
  - Teaches the lifter to get the bar overhead explosively
  - It's the best method for teaching the “scoop” technique
64. Which of the following may interfere with learning proper technique when using assorted “hang” positions?
- Failure to maintain correct body position
  - Using too much resistance
  - Using too little resistance
  - The support blocks interfere with learning to drop the weight

65. Which of the following best describes the primary difference between the Snatch and the Clean?
- The Snatch is more explosive
  - In the Clean, the bar is caught or “racked” on the front of the shoulders
  - Heavier weight is used in the Snatch
  - The Clean is easier to learn
66. When performing the Split Clean what is the proper catch position?
- Sumo-squat stance, with feet twice shoulder width and hips externally rotated
  - Narrow staggered stance with back knee and front heel in same frontal plane line
  - Identical to the traditional Clean
  - Front thigh parallel to floor; back leg almost straight
67. During all Clean variations it is important to keep the back and shoulders \_\_\_\_\_ to avoid injury.
- Rounded
  - Hyper-extended
  - Straight and/or neutral
  - Up and forward
68. To find the ideal grip for the Clean-and-jerk measure \_\_\_\_\_ the smooth area of the bar.
- 2 to 3 inches outside
  - Thumb’s length outside
  - 8 inches outside
  - 2 to 3 inches inside
69. If an individual lacks the strength and flexibility to perform a \_\_\_\_\_ he/she is not ready to begin learning the clean.
- Front Squat
  - Back Squat
  - Snatch
  - Overhead Press
70. During the High Hang Clean Pull it is important to avoid which of the following?
- Moving the shoulders slightly in front of the bar at the start
  - Contacting the thighs
  - Contracting the trapezius before jumping
  - Flexing the trunk at the waist 5 to 10 degrees
71. \_\_\_\_\_ is the consequence of overpulling, allowing the bar to drop too fast or pulling too far beneath bar while racking.
- The Power Position
  - Choking
  - Pushing the floor away
  - Crashing
72. The initial countermovement or “dip” in the Jerk is performed by \_\_\_\_\_ the hips, knees, and ankles.
- Flexing
  - Extending
  - Supinating
  - Pronating

73. Following the initial “dip” or decent the lifter must quickly decelerate and begin to change direction. This is called.
- Deceleration phase
  - Plyometrics
  - Braking phase
  - The “scoop” phase
74. During the Drive and Split phase of the Jerk the feet split apart approximately \_\_\_\_\_ inches while the bar is going \_\_\_\_\_.
- 24 to 30; Up
  - 24 to 30; Down
  - 12 to 24; Up
  - >30; Down
75. Which of the following is of critical importance to achieving the “lockout” position in the Jerk?
- Moving the front foot forward
  - Holding your breath
  - Pushing the bar as high as possible
  - Pushing body under the bar
76. To properly train the split position for the Jerk, place tape on the platform \_\_\_\_\_ shoe lengths \_\_\_\_\_ of the starting position.
- Two; forward
  - 1.5; forward
  - Two; backward
  - 1.5; backward
77. In learning the Jerk, which of the following indicates the proper teaching progression?
- Push Press; Press; Jerk; Power Jerk
  - Press; Push Press; Power Jerk; Jerk
  - Snatch, Clean, Push Press, Jerk
  - Deadlift, One-Arm Press; Two-Arm Press, Jerk
78. Which of the following is NOT important once technique has been perfected?
- Use of heavy weights in assistance exercises
  - Building strength in individual muscles involved in the lifts
  - Progressively increasing weights during the Snatch and Clean-and-Jerk
  - Stretching the low back regularly
79. During a Muscle Snatch everything is identical to the classic Snatch except?
- Bar never touches the body
  - Knees do not bend during the catch phase
  - The catch phase is completed in a split stance
  - Hips do not fully extend with the bar overhead
80. Performing the Snatch Pull with the elbows bent prevents which of the following errors?
- Pulling the elbows higher than the shrug point
  - The bar from touching the thighs
  - From achieving the goal end-point height at the sternum
  - From raising up on the toes
81. One advantage of keeping the elbows straight during a Clean Pull is:
- Prevents the trapezius from contracting
  - Decreases the need to jump to accelerate the bar
  - Keeps the biceps out and allows use of heavier resistances
  - Protects the low back and shoulders

82. If you're set-up positions the barbell lower than the traditional starting position you are performing an:
- Hang Pull
  - Deep Squat
  - Double Knee Bend
  - Elevated Pull
83. Which of the following exercises is considered the "foundation" for all athletic or functional movements?
- Squat
  - Deadlift
  - Lunge
  - Press
84. The descent of the squat is complete when the:
- Knees are bent 90 degrees
  - Thighs are parallel to the floor or lower
  - Hips are flexed 90 degrees
  - Low back is rounded
85. When training the Split Squat the rear foot should be placed in which of the following positions?
- Elevated on a bench or chair
  - Slightly behind the forward foot
  - Ball of foot firmly down to allow for weight transfer backward
  - Toes down with sole against wall or other solid surface
86. Which of the following best describes the finish position for a Back Extension exercise?
- Spine fully flexed
  - Hips in slight flexion
  - Back in neutral extension
  - Torso at 45 degree angle
87. The Good Morning exercise should never be performed with \_\_\_\_\_, for fear of injury to the intervertebral discs.
- A barbell
  - The spine in flexion
  - Hip flexion
  - A Power Rack
88. Why might the bench press be inadvisable as an accessory lift for Olympic weightlifting?
- Can result in limitations in mobility consequential to hypertrophy of pectorals and deltoids.
  - Its not functionally similar to any of the Olympic lifts
  - Lifters can easily injure their shoulders
  - Can inhibit optimal motor unit recruitment patterns for the Olympic lifts
89. Which of the following is NOT a component of Selye's General Adaptation Syndrome?
- Resistance
  - Alarm
  - Intensity
  - Exhaustion
90. All of the following may trigger the Alarm phase in resistance training EXCEPT
- Introducing a new exercise
  - Increasing rest between workouts
  - Reducing rest intervals
  - Increasing resistance

91. To avoid overtraining it is best to use which type of system?
- A. Explosive movements
  - B. Periodization
  - C. Specific Adaptation to Imposed Demands (SAID)
  - D. Progressive overload
92. A week in which the intensity, frequency and volume of exercise is significantly reduced is called:
- A. Unloading week
  - B. Detraining week
  - C. A vacation
  - D. Adaptation week
93. When you multiply the weight used during an exercise by the number of reps and then again by the number of sets you are calculating?
- A. Intensity
  - B. Absolute strength
  - C. Volume or load
  - D. Force production
94. Recovery between sets of an exercise is dependent on all of the following EXCEPT?
- A. Current fitness level
  - B. Post-workout nutrition
  - C. Relative intensity used
  - D. Training season
95. Which of the following is NOT helpful in determining recovery from a training session?
- A. Heart rate
  - B. Sleep quality
  - C. Body temperature
  - D. Blood pressure
96. Although "overhead" throwing athletes may not want to use the classic Olympic Lifts, which of the following are recommended as alternatives?
- A. Partial-lifts or Pulling-only lifts
  - B. Bench Presses
  - C. Medicine Ball Throws
  - D. Push Presses
97. Which of the following might prohibit basketball players from using the classic O-lifts?
- A. Too thin
  - B. Hands are too large
  - C. Height and overall body size
  - D. Olympic lifts are not specific to basketball
98. Resistance training is suggested to benefit racket-sports athletes by all EXCEPT
- A. Increasing upper body strength
  - B. Improving flexibility balance
  - C. Reducing strength imbalances
  - D. Inhibiting joint mobility
99. One disadvantage of explosive lifting for Volleyball players is:
- A. Vertical jump is not important for all positions
  - B. Excessively training stretch-shortening cycle muscle activation
  - C. High injury risk, especially for knees
  - D. Added muscle inhibits agility



100. A competitive weightlifter will rarely use more than \_\_\_\_\_ repetitions.

- A. 5 to 6
- B. 2 to 3
- C. 1 to 2
- D. 6 to 8