Full Body Flexibility

CORRESPONDENCE EDUCATION PROGRAM #143

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Full Body Flexibility Course Objectives

After completing the <u>Full Body Flexibility</u> course, the participant will:

- 1. Be able to define, differentiate between, and utilize static stretching, dynamic stretching, and active stretching.
- 2. Learn when it is appropriate during the workout to stretch and the potential damaging effects of stretching before the workout.
- 3. Learn the three steps of the Three-Step Stretch System, and understand how to apply the maximize, minimize, and equalize techniques to a stretching program to improve flexibility and correct muscular imbalances.
- 4. Understand the effect that thoughtful and deliberate breathing can have on various systems throughout the body, as well as significant effects on all forms of stretching.
- 5. Be able to use a full-body muscle diagram of the front and the back of the body to be able to identify which muscle groups require the most emphasis in a flexibility program.
- 6. Understand the importance of head and neck stretches for everyday movements and their ability to alleviate tension headaches.
- 7. Learn the proper technique to passively and dynamically stretch the sternocleidomastoid and trapezius.
- 8. Understand the importance of stretching the muscles involved with the shoulder and their impact on posture and tension headaches.
- 9. Learn the proper technique to passively and dynamically stretch the muscles involved with the shoulder, arms, and wrists.
- 10. Understand the activities of daily living that impact the chest muscles causing them to be tighter then the muscles in the back.
- 11. Learn the proper technique for passive and dynamic stretches for the pectorals, back, trunk, and abdominals.

- 12. Understand how inflexibility in the back muscles can lead to back injuries or pain, and how the muscles of the back and abdomen support a neutral spine while aiding us with everyday movements and function.
- 13. Understand how the muscles of the glutes, hips, and inner thighs are often the tightest muscles in active people or athletes and how this tightness can impact low back and knee function.
- 14. Learn the proper technique for passive and dynamic stretches for the gluteals, piriformis, hip rotators, hip flexors, and adductors.
- 15. Understand how tight adductors can impact sports such as soccer, in-line skating, horseback riding, and any other sport which requires considerable abduction of the leg, which can lead to injuries from falls or groin strains.
- 16. Understand the impact that tight hamstrings or quadriceps can have on the hips, low back, and knee, how there is often an imbalance between the flexibility of the two, and how the quadriceps is prone to overuse.
- 17. Learn the proper technique for a multitude of passive and dynamic stretches for the quadriceps and hamstrings.
- 18. Appreciate the mechanical stress that is placed on the calves, shins, and feet by the rest of the body.
- 19. Learn the proper technique for passive and dynamic stretches for the gastrocnemius, soleus, tibialis anterior, and peroneals.
- 20. Learn how stretches, which target multiple regions of the body, require both strength and flexibility and provide both energizing and functional benefits.
- 21. Learn the correct form and technique and muscles involved for a multitude of multi-region stretches and yoga positions.
- 22. Learn dynamic stretches designed to improve athletic range of motion and mobility, understand how they can be applied as a warm-up or preparation for activity, and how they can be used to improve agility, coordination, and balance.
- 23. Learn the proper technique for a variety of dynamic stretches designed to improve athletic performance.
- 24. Learn and be able to put together routines for general stretching, strength training, cardiovascular training, yoga-inspired training, warm-ups and cooldowns, sport mobility, swinging and throwing sports, endurance and distance sports, power and jumping sports, healthy back flexibility, and postural improvement.



Full Body Flexibility Course Examination

For each of the following questions choose the best answer.

- 1. How long is a static stretch typically held?
 - A. 5 to 10 seconds
 - B. 10 to 30 seconds
 - C. 30 to 45 seconds
 - D. 45 to 60 seconds
- 2. Dynamic stretching is all of the following except:
 - A. Controlled.
 - B. Smooth.
 - C. Deliberate.
 - D. Erratic.
- 3. Which of the following is not part of the Three-Step Stretch system?
 - A. Maximize the range of motion for each stretch.
 - B. Maximize the difference between passive and active flexibility around each joint and for each muscle.
 - C. Minimize the difference between passive and active flexibility around each joint and for each muscle.
 - D. Equalize the range of motion between the front and back of the body, as well as between the left and right side of the body.
- 4. Which of the following is not one of the categories for range of motion?
 - A. Immovable
 - B. Tight
 - C. Ideal
 - D. Extraordinary

- 5. It is important to mix up which two types of stretching to maximize range of motion while evaluate muscle groups independent of each other?
 - A. Dynamic and ballistic
 - B. Passive and dynamic
 - C. Passive and active
 - D. Active and dynamic
- 6. Active flexibility is dependent on which of the following?
 - A. Extraordinary range of motion during passive stretching
 - B. Greater range of motion during passive stretching
 - C. Sufficient strength in opposing muscle groups
 - D. An inanimate object to stabilize the body in the stretch
- 7. Which of the following should you do if you have a muscular imbalance between the front and back of the body?
 - A. Do more stretches for the tight side then the loose side.
 - B. Do more stretches for the loose side then the tight side.
 - C. Do not do stretches for the loose side.
 - D. Do an equal number of stretches for each side.
- 8. Equalizing the differences in range of motion between the front and back sides of the body and the left and right sides of the body will improve all of the following except:
 - A. Improve everyday movement.
 - B. Decrease the risk of movement-based injury.
 - C. Decrease the likelihood of back pain.
 - D. Decrease athletic ability.
- 9. Which of the following has not been shown to be a result of thoughtful and deliberate breathing?
 - A. Improved nervous system responses
 - B. Decreased respiratory function
 - C. Improved cardiovascular function
 - D. Decreased stress

- 10. How should you breathe when moving into a passive stretch?
 - A. Hold the breath until tension is felt and then inhale.
 - B. Hold the breath throughout the stretch
 - C. Exhale as you move into the stretch.
 - D. Inhale as you move into the stretch.
- 11. All of the following are benefits to neck stretching except:
 - A. Improved ability to look back over your shoulder.
 - B. Improved ability to look up to catch a ball.
 - C. Decrease the incidence of tension headaches.
 - D. Decrease the incidence of vertigo.
- 12. Which muscles are targeted during the head tilt stretch?
 - A. Sternocleidomastoid and trapezius
 - B. Rhomboids and Deltoid
 - C. Deltoid and Splenius capitus
 - D. Sternocleidomastoid and occipitalis.
- 13. All of the following are part of the technique for the diagonal head tilt stretch except:
 - A. Drop the chin toward the armpit until a stretch is felt.
 - B. Pull the head gently toward the armpit with one hand behind the head.
 - C. Allow the spine to round.
 - D. Hold the stretch for 10 to 30 seconds.
- 14. Which of the following is not part of the correct technique for the head turn stretch?
 - A. Stand or sit with neutral posture.
 - B. Keep the chin down.
 - C. Turn the head as far to the side as possible until a stretch is felt.
 - D. Gently push on the chin to increase the range of motion.
- 15. When performing the dynamic head tilt stretch, how long should each repetition last?
 - A. 1 to 3 seconds
 - B. 3 to 5 seconds
 - C. 5 to 7 seconds
 - D. 8 to 10 seconds

- 16. When performing the dynamic diagonal chin drop, how many total repetitions should be done?
 - A. 1 to 2 repetitions
 - B. 2 to 5 repetitions
 - C. 8 to 10 repetitions
 - D. 10 to 12 repetitions
- 17. What muscle does the reach behind head tilt stretch?
 - A. Sternocleidomastoids
 - B. Trapezius
 - C. Rhomboids
 - D. Anterior Deltoids
- 18. All of the following are proper technique for performing the dynamic chin drop stretch except:
 - A. Stand with feet apart and arms extended in front of the body.
 - B. Stand up straight and do not round the spine.
 - C. Slowly allow the head to drop forward and bring the chin as close as possible to the chest while contracting the muscles in the front of the neck.
 - D. Exhale while the chin is dropping forward and inhale when the stretch is released.
- 19. Which part of the deltoid is stretched during the reach behind and open stretch?
 - A. Rear deltoid
 - B. Intermediate deltoid
 - C. Front deltoid
 - D. Middle deltoid
- 20. All of the following are part of the proper technique for the dynamic kneeling shoulder push except:
 - A. Kneel on hands and knees with hands under shoulders and knees under hips.
 - B. Slowly push one shoulder toward the ground.
 - C. Arch the back.
 - D. Release the stretch and repeat with other shoulder.

- 21. How many repetitions should be done when completing the dynamic arm across stretch?
 - A. 8 to 10 repetitions
 - B. 10 to 12 repetitions
 - C. 12 to 14 repetitions
 - D. 14 to 16 repetitions
- 22. What muscle is stretched during the dynamic rotated flyaway stretch?
 - A. Front deltoid
 - B. Rear deltoid
 - C. Triceps
 - D. Biceps
- 23. What muscle is being stretched during the elbow bend and push stretch?
 - A. Front deltoid
 - B. Rear deltoid
 - C. Triceps
 - D. Biceps
- 24. How long should the flex and extend stretch of the wrist be held?
 - A. 5 to 10 seconds
 - B. 10 to 30 seconds
 - C. 30 to 45 seconds
 - D. Greater then 60 seconds
- 25. All of the following are proper technique for the dynamic ball wrist rolls except:
 - A. Stand with the knees bent and one hand on top of a stability ball.
 - B. Don't round the spine.
 - C. Move the hand forward and backwards, moving the ball forward and back.
 - D. Repeat the sequence with the other hand.

- 26. Which of the following activities does not contribute to the chest being tighter then the muscles in the back?
 - A. Reaching behind you to get something out of the backseat of a car
 - B. Working at your desk
 - C. Driving your car
 - D. Reaching forward to pick up something
- 27. Which of the following is not part of the proper technique for the kneeling reach stretch?
 - A. Kneel on the floor with the arms extended out in front of the body.
 - B. Push the chest toward the floor.
 - C. Hold the stretch for 10 to 30 seconds.
 - D. Sit back heavily on the feet.
- 28. How long should each repetition of the dynamic chest expansion stretch last?
 - A. 1 to 3 seconds
 - B. 10 to 15 seconds
 - C. 20 to 30 seconds
 - D. 30 to 60 seconds
- 29. What muscle is focused on during the lying reach stretch?
 - A. Hip flexors
 - B. Pectorals
 - C. Latissimus dorsi
 - D. Posterior deltoid
- 30. What is the most common medical complaint in the United States?
 - A. Shin splints
 - B. Carpal Tunnel Syndrome
 - C. Headaches
 - D. Back injuries

- 31. Which muscle is being targeted during the scoop stretch?
 - A. Upper traps
 - B. Pectorals
 - C. Erector spinae
 - D. Rhomboids
- 32. Which of the following is not part of the proper technique for the dynamic clasp and round?
 - A. Stand with the feet together.
 - B. Round shoulders and extend arms forward with elbows bent.
 - C. Drop chin down toward the chest.
 - D. Keep the knees slightly bent.
- 33. What muscle is targeted in the dynamic pelvic tilt stretch?
 - A. Trunk flexors
 - B. Trunk extensors
 - C. Rhomboids
 - D. Lower Traps
- 34. All of the following are true regarding the dynamic side reach except:
 - A. The opposite arm can be used to support body weight by placing it on the thigh.
 - B. This exercise targets the Latissimus dorsi and lateral trunk flexors.
 - C. Extend one hand above the head and lean over to the opposite side.
 - D. Lean forward while leaning to the side.
- 35. Which muscles are targeted in the dynamic twist stretch?
 - A. Hip flexors
 - B. Rhomboids
 - C. Thoracic-lumbar rotators
 - D. Rectus abdominus

- 36. The dynamic lying spinal twist stretch targets all of the following muscles except the:
 - A. Quadriceps.
 - B. Gluteals.
 - C. Trunk extensors.
 - D. Pectorals
- 37. Which of the following is not part of the technique for the dynamic forward bend hip shift?
 - A. Elevate the shoulders and chin.
 - B. Start the exercise sitting on a stability ball with the feet flat on the floor.
 - C. Lean forward toward the floor by dropping the chest between the legs.
 - D. Straighten one leg, which will cause the hips to shift to the opposite side.
- 38. What muscles are targeted during the wrap around the ball stretch?
 - A. Low back muscles
 - B. Trunk rotators
 - C. Abdominals
 - D. Upper back muscles
- 39. Which of the following is not part of the proper technique for the dynamic supine roll back stretch?
 - A. Lie in a prone position on a stability ball.
 - B. Lie on the stability ball with the mid-back in contact with the ball, feet flat, knees bent, and hands behind head.
 - C. Roll backwards until legs are as straight as possible.
 - D. Lower the tailbone and head around the ball.
- 40. Which of the following activities does not engage the glutes?
 - A. Sitting down
 - B. Standing up
 - C. Climbing stairs
 - D. Lying down

- 41. Which muscles are targeted during the lying figure 4 stretch?
 - A. Gluteals and hip flexors
 - B. Gluteals and piriformis
 - C. Gluteals and adductors
 - D. Gluteals and erector spinae
- 42. How long should the dancer stretch be held for?
 - A. 1 to 3 seconds
 - B. 10 to 30 seconds
 - C. 30 to 45 seconds
 - D. More than 60 seconds.
- 43. Which of the following is not part of the technique for the hip push stretch?
 - A. Keep shoulders and arms relaxed
 - B. Stand with feet together while holding onto the back of a chair
 - C. Bend one leg and straighten the other which will push the straight leg hip outward
 - D. Place a foot across the opposite thigh
- 44. What muscle is targeted during the lying crossover stretch?
 - A. Gluteals
 - B. Piriformis
 - C. Internal hip rotators
 - D. External hip rotators
- 45. How many repetitions of the dynamic lying crossover stretch should be done?
 - A. 1
 - B. 1 to 3
 - C. 6 to 8
 - D. 10 to 12
- 46. What muscle is targeted during the lunge stretch?
 - A. Hip flexors
 - B. Gluteals
 - C. Abductors
 - D. Adductors

- 47. Which of the following is not true regarding the anchored lunge stretch?
 - A. It is a stretch for the hip flexors.
 - B. The stretch should be held for 1 to 3 seconds.
 - C. Hold onto something for stability and balance.
 - D. Place the back foot on an elevated surface such as a chair.
- 48. Which of the following is not part of the proper technique for the dynamic hip extension stretch?
 - A. Maintain an upright position with neutral spine.
 - B. Lean forward while extending one leg behind the body as far as possible.
 - C. Each repetition should be 1 to 3 seconds long.
 - D. Exhale while moving into the stretch and inhale when bring the leg back to the start position.
- 49. Tight inner thigh muscles can have a significant impact on all of the following activities except:
 - A. Soccer
 - B. In-line skating
 - C. Volleyball
 - D. Horseback riding
- 50. What muscles are targeted during the lying straddle stretch?
 - A. Hip flexors
 - B. Hip extenders
 - C. Adductors
 - D. Abductors
- 51. Which of the following statements regarding the dynamic side lunge is incorrect?
 - A. It is a stretch for the adductors.
 - B. The bent knee should be extended beyond the toe.
 - C. Start with the feet spread wide apart.
 - D. Each repetition should take 1 to 3 seconds.

- 52. What muscles is targeted during the knee bend stretch?
 - A. Hip flexors
 - B. Hamstrings
 - C. Quadriceps
 - D. Hip extenders
- 53. Which of the following statements regarding the execution of the dynamic side-lying knee bend is incorrect?
 - A. Lie on one side leaning forward slightly so that the top hip is in front of the bottom hip.
 - B. The head should be resting on the lower arm.
 - C. The top leg should bend at the knee bringing the foot as close to the gluteals as possible.
 - D. Turn over and repeat the stretch on the opposite leg.
- 54. All of the following regarding the procedure for the dynamic lying knee bend stretch are correct except:
 - A. Lie face up with legs extended and eyes looking straight ahead.
 - B. The head should be resting on the back of the hands, and the upper body should be relaxed.
 - C. Bend the leg at the knee, bringing the foot as close as possible to the gluteals.
 - D. There should be 10 to 12 reps on both legs.
- 55. What is the proper foot placement for the dynamic knee bend sit?
 - A. Foot placement is not relevant.
 - B. Toes should be tucked under with the heels pointing up to ceiling.
 - C. Feet should be turned out to the side
 - D. Toes should be down with the heels pointing up
- 56. Where on the leg is the hamstring located?
 - A. Front of thigh
 - B. Inside of thigh
 - C. Outside of thigh
 - D. Back of thigh

- 57. What muscle is targeted in the double-leg hip hinge stretch?
 - A. Quadriceps
 - B. Hamstrings
 - C. Adductors
 - D. Abductors
- 58. Which of the following statements regarding the technique for the dynamic knee kick is incorrect?
 - A. Maintain neutral spine, without rounding or arching.
 - B. Hold one leg out at hip height with the knee bent.
 - C. Raise the leg as far as possible.
 - D. Straighten the leg as far as possible.
- 59. What position should the lower back be in while performing the dynamic rolling ball hip hinge?
 - A. Arched
 - B. Rounded
 - C. Neutral
 - D. Whichever is more comfortable
- 60. Which muscle groups act almost as a shock absorber for the body?
 - A. Lower back muscles
 - B. Hip muscles
 - C. Quadriceps and hamstrings
 - D. Calves, shins, and feet
- 61. Which of the following statements regarding the calves is incorrect?
 - A. The calf is made up of the gastrocnemius and the Peroneals.
 - B. The muscular movement of the calf muscles is pointing the toes and lifting the heel.
 - C. The calves are used in explosive jumping activity.
 - D. Women commonly have inflexible calves due to wearing high heels.

- 62. What muscle is targeted during the heel drop stretch?
 - A. Hamstring
 - B. Peroneals
 - C. Gastrocnemius
 - D. Tibialis anterior

63. How long should the seated stretch-strap foot pull stretch be held?

- A. 1 to 3 seconds
- B. 10 to 30 seconds
- C. 30 to 45 seconds
- D. Greater then 1 minute
- 64. Which muscles are targeted during the seated thinker pose stretch?
 - A. Gastrocnemius and soleus
 - B. Achilles tendon and soleus
 - C. Peroneals and soleus
 - D. Hamstrings and soleus
- 65. Which of the following statements regarding the bent-knee heel press stretch is incorrect?
 - A. Stand with one foot forward and one foot back directly in line with each other.
 - B. Both feet should be facing forward.
 - C. The stretch should be held for 10 to 30 seconds.
 - D. Bend both knees keeping the weight on the back heel.
- 66. What muscle is targeted during the toe drop stretch?
 - A. Tibialis anterior
 - B. Gastrocnemius
 - C. Soleus
 - D. Peroneals

- 67. What muscle is targeted during the dynamic seated toe flex and point?
 - A. Tibialis anterior
 - B. Gastrocnemius
 - C. Soleus
 - D. Peroneals
- 68. Which of the following muscles is not targeted during the lying spinal twist stretch?
 - A. Gluteals
 - B. Trunk extensors
 - C. Hip flexors
 - D. Pectorals
- 69. Which of the following statements regarding the technique for the triangle stretch is incorrect?
 - A. Start by standing with the feet approximately one and half feet apart from each other.
 - B. Starting position is with one foot facing forward and the other turned out by about 90 degrees.
 - C. Bend at the waist toward the turned out foot while extending the top arm directly overhead.
 - D. The head should be turned to look up at the top hand.
- 70. The warrior stretch incorporates all of the following muscles except:
 - A. Abdominals
 - B. Tibialis anterior
 - C. Hip flexors
 - D. Gluteals
- 71. Which of the following would be incorrect technique for the chair stretch?
 - A. Start by standing with the feet slightly apart.
 - B. Bend the knees and start to lean slight forward.
 - C. Keep the arms extended overhead and look up at the hands.
 - D. Drop the hips into a squat position and hold for 10 to 30 seconds.

- 72. Which of the following muscles is not targeted during the upward-facing dog?
 - A. Gluteals
 - B. Tibialis anterior
 - C. Hip flexors
 - D. Abdominals
- 73. Which of the following statements regarding the dynamic fourlegged table is incorrect?
 - A. This exercise stretches the biceps, hip flexors, deltoids, and wrist flexors.
 - B. The starting position is sitting on the floor with the knees bent and feet hip-width apart.
 - C. The movement is lifting the hips off the floor trying to get the knees, hips, and shoulders parallel to the ground.
 - D. The position should be held for 10 to 15 seconds.
- 74. How long should the camel stretch be held?
 - A. 1 to 3 seconds
 - B. 10 to 30 seconds
 - C. 1 to 2 min
 - D. Greater then 2 minutes
- 75. Which of the following statements is incorrect regarding performing the dynamic bow?
 - A. Start by lying on the floor face up with the knees bent.
 - B. Grasp both ankles.
 - C. Raise the legs up by pulling on the feet and lifting the knees off the ground.
 - D. Move the head back slightly
- 76. Which of the following muscles is not stretched during the dynamic king of the dance stretch?
 - A. Quadriceps
 - B. Hip Flexors
 - C. Erector spinae
 - D. Hamstrings

- 77. Which of the following statements regarding the reverse triangle is incorrect?
 - A. This stretch targets the hamstrings, gluteals, thoracic-lumbar rotators, and pectorals.
 - B. Starting position is with the feet 3 to 4 feet apart.
 - C. One foot is pointed forward, and the other is turned out to about 90 degrees.
 - D. Bend forward from the hips with the torso rotating to the outside of the thigh of the foot that is turned to 90 degrees
- 78. Which of the following statements regarding the tree position is correct?
 - A. Elevate the shoulders.
 - B. Round the spine.
 - C. Stand with the feet apart.
 - D. Bend one knee, externally rotate the leg, and place the sole of the foot as high as possible on the standing leg.
- 79. Which of the following muscles is not targeted during the happy baby position?
 - A. Hip flexors
 - B. Gluteals
 - C. Piriformis
 - D. Hamstrings
- 80. How long should the frog position be held?
 - A. 5 to 10 seconds
 - B. 10 to 30 seconds
 - C. 1 to 2 minutes
 - D. As long as possible
- 81. Which muscles are targeted during the dynamic straight-leg pendulum?
 - A. Adductors and trunk extensors
 - B. Hamstrings and gluteals
 - C. Hamstrings and hip flexors
 - D. Hamstrings and adductors

- 82. Which of the following statements regarding the dynamic leg kick is incorrect?
 - A. It targets the hamstrings, trunk extensors, and gluteals.
 - B. Keep the neck and shoulders relaxed throughout.
 - C. Start with feet shoulder-width apart, leap forward, and do a straight-leg kick as high as possible.
 - D. Hold the high position for 10 to 30 seconds.
- 83. Which of the following is not part of the correct technique for the dynamic cross-reach?
 - A. Start with feet shoulder-width apart.
 - B. Lean the body forward.
 - C. Cross one leg over the other while reaching over the head and across the body with the opposite arm.
 - D. Extend the other arm down toward the floor.
- 84. The dynamic single-side bow targets all of the following muscles except:
 - A. Hamstrings.
 - B. Abdominals.
 - C. Hip flexors.
 - D. Deltoids.
- 85. Which of the following statements regarding the dynamic squat reach twist stretch is incorrect?
 - A. It targets the quadriceps.
 - B. The neck and shoulders should remain relaxed.
 - C. The starting position is with the feet in a wide squat position.
 - D. The first movement is to reach between the feet with both hands and touch the floor as far behind the body as possible.
- 86. Which of the following muscles is not involved with the dynamic child's pose and camel?
 - A. Quadriceps
 - B. Hip flexors
 - C. Gluteals
 - D. Abdominals

- 87. Which of the following statements regarding the dynamic squat twist and hinge is correct?
 - A. It targets the deltoids.
 - B. Elevate the shoulders.
 - C. Start with the feet together.
 - D. Bend the knees while rotating the upper body slightly and place one hand on the floor in front of the body and one on the floor behind the body.
- 88. Which of the following muscles is not targeted during the dynamic knee lift and leg back stretch?
 - A. Hip flexors
 - B. Gluteals
 - C. Quadriceps
 - D. Hamstrings
- 89. Which of the following statements regarding the proper technique for the dynamic figure 8 is incorrect?
 - A. Start with the feet hip width apart.
 - B. Maintain neutral spine and keep the neck and shoulders relaxed.
 - C. Bend one knee and lift it in front of the body.
 - D. Rotate through the hips and move the knee in a figure-8 pattern.
- 90. Which of the following muscles is not worked during the dynamic lunge and circle?
 - A. Adductors
 - B. Abductors
 - C. Trunk extensors
 - D. Abdominals
- 91. Which of the following is not a benefit of the standing express total-body routine?
 - A. It gives an intensive stretch to all of the muscles in the body.
 - B. It is ideal for stretching the whole body in a minimal amount of time.
 - C. It targets the most important muscle groups.
 - D. It is ideal for when working on damp surfaces, outside, or in small spaces.

- 92. Which of the following stretches is not included in the seated to lying to standing condensed total-body routine?
 - A. Dynamic seated butterfly
 - B. Dynamic side-lying knee bend
 - C. Dynamic cobra
 - D. Dynamic clasp and round
- 93. All of the following are included in the complete total-body routine except the:
 - A. Lunge.
 - B. Seated thinker pose.
 - C. Dynamic seated straddle.
 - D. Upward-facing dog.
- 94. Which of following is included in the strength training routine?
 - A. Seated forward bend
 - B. Cow face
 - C. Dynamic arm across
 - D. Dynamic seated toe wiggle
- 95. Which of the following is not one of the stretches in the cardiovascular training routine?
 - A. Elbow bend and push
 - B. Bent-knee heel drop
 - C. Chair
 - D. One-leg hip hinge
- 96. Which of the following is not a benefit of the express yogainspired routine?
 - A. Most of the stretches target multiple muscle groups.
 - B. This routine is challenging because of how much time it takes.
 - C. It requires strength as well as flexibility.
 - D. It is ideal for those who would like some of the benefits of yoga.

- 97. Which of the following is not part of the complete yoga-inspired routine?
 - A. Chair
 - B. Camel
 - C. Child's pose
 - D. Dynamic squat twist reach
- 98. All of the following are benefits of the warm-up stretch routine except:
 - A. It focuses on dynamic stretches that warm up the entire body.
 - B. It is sport-specific.
 - C. They improve total body range of motion.
 - D. They increase body temperature and decrease the risk for injury.
- 99. Which of the following is not included in the cool-down stretch routine?
 - A. Side reach
 - B. Heel press
 - C. Dynamic hip extension
 - D. Cobra
- 100. All of the following are included in the complete sport mobility routine except the:
 - A. Lying leg raise.
 - B. Dynamic toe touch and slide.
 - C. Dynamic cross-knee squat
 - D. Half moon