

# **Functional Training**

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# *Learning Objectives:*

## **Functional Training**

**After completing this program, the student will be able to:**

1. Describe the difference between functional training and other forms of strength training
2. Identify and debunk myths of functional training
3. Explain the need appropriate equipment for various exercises
4. Understand the Four Pillars of Human Movement, sports skills, and power
5. List the components and criteria for functional and effective training
6. Differentiate between appropriate exercises for individualization based on need and sport
7. Properly evaluate movement patterns and manipulate functional intensity
8. Integrate medicine balls, traditional strength exercises, bands, pulleys and more appropriately into a workout
9. Design and create programs utilizing training variables, periodization and hybrid programs
10. Integrate functional training into a training plan by using general fitness protocols, metabolic systems, and more
11. Design sports specific training programs utilizing functional training



# **Functional Training**

**This is a multiple choice test. Please circle the best answer.**

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- 1. Which of the following is more about the greatest amount of weight lifted?**
  - a. Relative
  - b. Sports specific
  - c. Absolute
  - d. Functional
  
- 2. Which type of strength is crucial for athletes who compete in sports with weight-classes?**
  - a. Relative
  - b. Sports specific
  - c. Absolute
  - d. Functional
  
- 3. Which of the following is a drawback to functional strength?**
  - a. There is limited information about its success
  - b. It requires a lot of equipment
  - c. It requires a lot of space
  - d. It is subjective
  
- 4. What is considered to be the great characteristic of neuromuscular adaptation?**
  - a. It must be effective and optimal
  - b. You can get stronger without getting bigger
  - c. The distribution of work in functional training creates more stress on any one muscle
  - d. The entire body is stressed at once in a workout

5. **Which statement is correct concerning functional training?**
- a. Balance and stability are the same thing
  - b. Functional training proprioception is not always meaningful
  - c. Functional training produces less proprioceptive training
  - d. Traditional training is driven by the concept of specificity
6. **Which statement is FALSE concerning stability and balance?**
- a. Balance usually requires the transfer of low forces to maintain equilibrium
  - b. Stability is designed to as to restore the original condition when disturbed
  - c. Balance is the strength to stand or endure
  - d. Balance is about manipulating opposing forces to create a stable state
7. **The best use for medicine balls when functional training is:**
- a. Suspension
  - b. Loading
  - c. Stability
  - d. Throws
8. **All of the following are the four categories of human movement EXCEPT:**
- a. Locomotion
  - b. Stability
  - c. Rotation
  - d. Push/Pull
9. **Which of the following integrates all four of the Pillars of Movement?**
- a. Stability
  - b. Push/Pull
  - c. Rotation
  - d. Locomotion

- 10. What is responsible for the descent of the level change?**
- a. Gravity
  - b. Flexor chain of muscles
  - c. Extensor chain of muscles
  - d. Levers and torques
- 11. How do we create rotational speed of the body?**
- a. Turn the head in the direction of the spin
  - b. Increase the lever of the arms
  - c. Decrease the lever of the arms
  - d. Turn the head in the opposite direction of the spin
- 12. Which pillar is the most important due to the similarities to physical movements in sports?**
- a. Pushing/Pulling
  - b. Rotation
  - c. Locomotion
  - d. Level changes
- 13. Which of the following dorsal muscles has a vertical orientation?**
- a. Tensor fascia latae
  - b. Gluteus maximus
  - c. Serratus posterior
  - d. Latissimus dorsi
- 14. Hitting a low volley in tennis, lowering center of mass to decelerate, getting up after falling are all examples of:**
- a. Locomotion
  - b. Rotation
  - c. Level changes
  - d. Push/pull

- 15. Which stance is best to strengthen single hip stability?**
- a. Straddle
  - b. Quad stance
  - c. A-frame
  - d. 7-frame
- 16. In most sports, the two stances commonly used are the parallel stance and the:**
- a. 7-frame
  - b. Staggered stance
  - c. Quad stance
  - d. A-frame
- 17. Where in the body might the weak link be located when dealing with shoulder injuries in sports involving pitching or serving motions?**
- a. Core
  - b. Shoulder
  - c. Back
  - d. Neck
- 18. What accelerates and decelerates the arm in throwing activities?**
- a. Internal shoulder rotators
  - b. External shoulder rotators
  - c. Core
  - d. Legs
- 19. When it comes to rotational movements, most sports have the following in common EXCEPT:**
- a. The need for a dominant point-of-ground contact
  - b. The core is the bridge that transfers the power in directional changes
  - c. Changing direction involves acceleration of force
  - d. Most changes of direction occur off a fixed point on the ground

- 20. Which quality in sport is the one that dominates power?**
- a. Rotational forces
  - b. Ground reaction forces
  - c. Gravity
  - d. Momentum
- 21. When discussing movement and serape, the right handed pitch is first accelerated by what area during the wide u and stride?**
- a. Posterior serape, right leg to left shoulder
  - b. Anterior serape, right leg to left shoulder
  - c. Posterior serape, left leg to right shoulder
  - d. Anterior serape, left leg to right shoulder
- 22. When combining the four pillars and the anterior/posterior serape models, the body bends and rotates in how many directions?**
- a. 16
  - b. 10
  - c. 6
  - d. 8
- 23. If the direction of movement is high left to low right, which muscle is NOT being used?**
- a. Right internal oblique
  - b. Left hip flexors
  - c. Left external oblique
  - d. Right adductor complex
- 24. What are the keys to progressing in functional training?**
- a. Rhythm and speed
  - b. Specificity and control
  - c. Control and patience
  - d. Patience and progression



- 25. When manipulating functional intensity, which statement is incorrect?**
- a. Reducing the base of support increases the load on other structures
  - b. Slowing the speed of an exercise can increase the time under tension
  - c. Larger ranges of motion require less work
  - d. The longer the lever, the harder the exercise
- 26. Which manipulation technique must have a specific application in order to benefit the athlete?**
- a. Increasing range of motion
  - b. Adding external resistance
  - c. Adding a vibration platform
  - d. Decreasing base of support
- 27. How many basic exercises are used for assessing the four pillars of human movement?**
- a. 4
  - b. 5
  - c. 7
  - d. 8
- 28. What is the first exercise used to fix any deviations?**
- a. The first exercise performed after completion of the basic 8
  - b. Pillar #3
  - c. The single-leg CLA anterior reach
  - d. The particular exercise that shows a problem

- 29. Which of the following exercises is the most popular for improving and assessing locomotion?**
- a. Bodyweight double-leg squat
  - b. Bodyweight push up
  - c. Single-leg CLA anterior reach
  - d. Bodyweight alternating lunge
- 30. Which of the following is not considered a major fault when performing the single-leg CLA anterior reach?**
- a. Hips shifting right or left, indicating weak paraspinal muscles
  - b. Knees going inward, indicating weak glutes
  - c. Heels going up, indicating weak calves
  - d. Hips anteriorly tilting, showing hamstring weakness
- 31. All of the corrective exercises listed below benefit the hamstrings and glute muscles EXCEPT:**
- a. All wall marches
  - b. All lunges
  - c. All deadlifts
  - d. SB Bridge
- 32. What is a good alternative for individuals who cannot perform the bodyweight alternating lunge exercise?**
- a. Smith rack squat
  - b. Split squat
  - c. Wall marches
  - d. SB Bridge

- 33. If the hips lift during the bodyweight push up, this may indicate:**
- a. Weak hamstrings
  - b. Weak gluteals
  - c. Weak hip flexors
  - d. Weak shoulders
- 34. When performing the rotational with pivot exercise, what does it mean if the toes and knee of the stationary leg point outward?**
- a. That the exercise is performed correctly
  - b. Weak glutes in the non-pivoting leg
  - c. Weak hip flexors in the pivoting leg
  - d. Weak hip abductors in the non-pivoting leg
- 35. If the hips shake while the arms are moving during the rotation without pivot exercise, this indicates:**
- a. Weak hip flexors
  - b. Weak shoulders
  - c. Weak hamstrings
  - d. Lack of core stiffness
- 36. What is the most important rule when performing the exercises in the book?**
- a. No-pain training
  - b. Progression
  - c. Intensity
  - d. Frequency

- 37. Which is not considered the proper movement for the single-leg rotational squat?**
- a. Internally rotate the hip of the leg that is lifted
  - b. Perform on both sides of the body
  - c. Hold the arms in any comfortable position
  - d. Keep your knees aligned properly
- 38. When performing the plank, the shoulder blades should be:**
- a. Upwardly rotated
  - b. Winged
  - c. Flat
  - d. Downwardly rotated
- 39. Which exercise is a pre-requisite to the single-arm and MB crossover push-ups?**
- a. Push-ups
  - b. Plank
  - c. Side-T planks
  - d. Single-arm eccentrics
- 40. Which of the following is not the correct movement for the lowering phase of the dip?**
- a. Keep core tight
  - b. Lean forward 45 degrees
  - c. Flex the elbows
  - d. Lower until the chest is a few inches above the hands
- 41. Which plane of motion is worked during the V-up?**
- a. Frontal
  - b. Sagittal
  - c. Transverse
  - d. Horizontal

- 42. The 45-degree wall run is a natural progression to the:**
- a. Vertical jump
  - b. X-up
  - c. 45-degree calf pump
  - d. Plank
- 43. When performing the vertical jump, depth of the movement depends on:**
- a. The experience of the client
  - b. The ability to move the arms upward for momentum
  - c. The flexibility of the quadriceps muscles
  - d. The amount of elastic vs. muscular strength available
- 44. The burpee is an excellent level-changing exercise for which athlete?**
- a. Skaters
  - b. Combat
  - c. Runners
  - d. Throwers
- 45. How far down should the client lower himself when performing the explosive push-up?**
- a. Chest touches the floor
  - b. Chest a few inches above the floor
  - c. Elbows are past parallel to the body
  - d. Wrist are bent to 90 degrees
- 46. Which method is preferred for heavy, slow movements that are usually found in strength training?**
- a. Bands
  - b. Pulleys
  - c. Bodyweight
  - d. Both bands and pulleys

- 47. When working with bands and pulleys, the point where the load is coming from is referred to as:**
- a. Loading point
  - b. Center of gravity
  - c. Angle of pull
  - d. Hinge point
- 48. How far should the knees flex when hinging at the hips for the BP deadlift?**
- a. 30-45 degrees
  - b. 45 degrees
  - c. 90 degrees
  - d. 10-15 degrees
- 49. Which is not a correct starting position for the BP staggered-stance CLA deadlift?**
- a. Face the loading point
  - b. The back leg is behind the vertical shoulder-hip line
  - c. Set the loading point at mid-level
  - d. The back leg should be stabilized while on the ball of the foot
- 50. Which athletes benefit the most by performing the BP staggered-stance CLA incline press?**
- a. Swimmers
  - b. Surfers
  - c. Throwers
  - d. Soccer players

- 51. Which of the following exercises does not have the loading point at chest height?**
- a. BP staggered-stance fly
  - b. BP Staggered-stance alternating press
  - c. BP row
  - d. BP staggered-stance CLA deadlift
- 52. When performing the BP Row, the lower the loading point:**
- a. The more the legs are used
  - b. The less the pecs are used
  - c. The lighter the load should be
  - d. The heavier the load can be
- 53. The BP Staggered-stance bent-over alternating row is excellent for:**
- a. Increasing strength in the quads
  - b. Increasing core strength
  - c. Increasing strength in the pecs
  - d. Increasing strength in the shoulders
- 54. When performing the BP staggered-stance CLA compound row, how far should you lean the shoulders forward?**
- a. Until the core is perpendicular to the line of pull
  - b. Until you feel a good stretch in the back
  - c. Until your knees line up with the toes on the front leg
  - d. Until the head begins to drop below chest level
- 55. Which is not a correct position/movement for the BP swim exercise?**
- a. Explosively flex the body into a crunch position
  - b. Keep arms straight throughout the exercise
  - c. Palms should start in the supinated position
  - d. Set the loading point as high as possible

- 56. The BP high-to-low chop is excellent for athletes in all of the following sports EXCEPT:**
- a. Golf
  - b. Baseball
  - c. Soccer
  - d. Combat
- 57. The rotations during the BP short-rotation exercise should move from:**
- a. 90 degrees in each direction
  - b. 10:00 to 2:00 position
  - c. As far as possible
  - d. It does not matter as long as the hips move with you
- 58. Which hand position is used during the DB or KB squat?**
- a. Supinated
  - b. Neutral
  - c. Pronated
  - d. Radially deviated
- 59. During the DB or KB single-leg RDL exercise, the arm should stay in what position throughout the movement?**
- a. Laterally rotated
  - b. Flexed
  - c. Medially rotated
  - d. Vertical



- 60. All of the following are benefits to performing the DB or KB lateral reaching lunge EXCEPT:**
- a. Developing rotation stability of external hip rotators
  - b. Using minimal knee flexion
  - c. Enhancing deceleration
  - d. Enhancing changes of direction
- 61. When you push off the right foot during the DB or KB rotating reaching lunge, you are using all of the following muscles EXCEPT:**
- a. The right quadriceps
  - b. The right hamstrings
  - c. The right paraspinals
  - d. The right gluteal
- 62. Which of the following is an incorrect movement for the DB or KB overhead press?**
- a. Keep the core tight throughout the movement
  - b. If alternating, the non-moving arm's hand should stay at the shoulder line
  - c. The exercise can be done with both arms simultaneously
  - d. Avoid any lateral flexion of the body
- 63. Which of the following is not considered to be correct movements for the DB or KB upright row?**
- a. Avoid any rotation in the shoulder or core area
  - b. Pull the DB to about chest-height
  - c. The exercise can be performed on one leg
  - d. The arms can be alternated or lifted at the same time

- 64. Which movement is incorrect for the DB single-arm diagonal fly rotation?**
- a. If rotating to the right with the dumbbell in the right hand, the left hip should externally rotate with the body
  - b. The hips and shoulders rotate together
  - c. If rotating to the right with the dumbbell in the right hand, the right foot should pivot
  - d. If rotating to the right with the dumbbell in the right hand, the right hand should end its movement between the left hip and the left knee
- 65. When should you stop the movement when performing the MB wood chop?**
- a. When the ball is 10 inches above the ground
  - b. When your elbows are outside of the knees
  - c. When your upper leg is parallel to the ground
  - d. When your back is fully flexed
- 66. If rotating to the left during the MB diagonal chop, which of the following movements is incorrect?**
- a. Start with the MB above your head to the right side of the body
  - b. Hinge at the hips as you flex the knees
  - c. Internal rotate the left hip as you reach the middle of the rotation
  - d. Stop when the ball is inside your left knee
- 67. Which athletes benefit the most from performing the MB single-arm push off exercise?**
- a. Soccer players
  - b. Football players
  - c. Swimmers
  - d. Judo

- 68. Which of the following exercises can be used for evaluating movement while improving hip flexibility, lateral changes in direction, and swinging mechanics?**
- a. MB crossover push up
  - b. MB rotation with pivot
  - c. MB staggered-stance CLA incline chest throw
  - d. MB short diagonal chop
- 69. How far from the wall should you stand when performing the MB staggered-stance CLA incline chest throw?**
- a. 5 feet
  - b. 10 feet
  - c. 15 feet
  - d. 20 feet
- 70. How far from the wall should you stand when performing the MB staggered-stance CLA decline chest throw?**
- a. 15 feet
  - b. 5 feet
  - c. 10 feet
  - d. 20 feet
- 71. The MB overhead side-to-side slam works all of the following at an intermediate level EXCEPT:**
- a. Push/pull movements
  - b. Core
  - c. Shoulder
  - d. Rotational movements

- 72. How far away from the wall should one stand in order to properly lean against the exercise ball when performing the SB single-leg lateral wall slide?**
- a. 8 feet
  - b. 4 feet
  - c. 2 feet
  - d. 7 feet
- 73. Which statement is incorrect concerning the details and benefits of the SB knee tuck (double leg to single leg) exercise?**
- a. It is an excellent exercise for divers and gymnasts
  - b. It is a great anterior core exercise
  - c. The goal is to perform it on one leg
  - d. It is an advanced progression exercise
- 74. Which statement is false concerning the SB rollout exercise?**
- a. Avoid changing the hand and arm positions since this can increase the risk of shoulder problems
  - b. Keep your body stiff throughout the movement
  - c. To increase the intensity of the exercise, step further away from the wall
  - d. You should be on the balls of your feet when fully extended
- 75. Which of the following is not the correct starting position for the SB leg curl (double leg to single leg) exercise?**
- a. Place the stability ball between the calves to make the exercise harder
  - b. Arms should be palm down on the floor at a 45-degree angle
  - c. Lift the hips toward the ceiling keeping the shoulders on the ground
  - d. Keep the hips elevated during the entire movement

- 76. How far should the spine be extended during the SB hyperextension?**
- a. Until the back is slightly arched
  - b. Until the upper ribs are off the stability ball
  - c. As far as you can without pain or pressure
  - d. 45-degrees
- 77. Which statement about the vibration blade throw is false?**
- a. The Bodyblade is easier to control than the Flexi-bar
  - b. The Flexi-bar provide vibration along all planes of motion
  - c. The Bodyblade provides vibration along all planes of motion
  - d. The vibratory stimulus improves the stabilization of the shoulders
- 78. Which of the following is not a benefit of the agility ladder split step?**
- a. It benefits court athletes
  - b. It is helpful to develop lateral changes in direction
  - c. It is used to develop knee stability
  - d. It helps develop foot speed
- 79. Which athlete benefits most from the crooked stick cross-rotational jump drill?**
- a. Cheerleaders
  - b. Swimmers
  - c. Baseball
  - d. Judo
- 80. Which is not a benefit of the lateral slide exercise?**
- a. It improves arm movements that help with acceleration
  - b. It improves cutting ability for athletes
  - c. Resistance can be increased easily by adding a weighted vest or resistance band around the athlete's waist
  - d. It improves high speed acceleration

- 81. How can you best increase the intensity of the 45-degree back extension exercise?**
- a. Progress to single leg
  - b. Add a weighted vest
  - c. Use an anchored exercise band around the shoulders
  - d. Avoid using the rollers at the ankle
- 82. How far should the bar be lifted during the barbell upright row?**
- a. As high as possible
  - b. Until the elbows are even with the shoulders
  - c. To mid-sternum
  - d. To the bottom of the chest
- 83. What are the two main variables in periodization?**
- a. Volume and intensity
  - b. Frequency and time
  - c. Intensity and frequency
  - d. Volume and mode
- 84. In the beginning stages, what should be high?**
- a. Volume
  - b. Frequency
  - c. Time
  - d. Intensity
- 85. Which phase in periodization is also known as the conditioning phase?**
- a. Strength
  - b. Hypertrophy
  - c. Power
  - d. Power-endurance

- 86. How many phases are in the periodization program?**
- a. 4
  - b. 3
  - c. 6
  - d. 8
- 87. Which phase is the third phase in periodization?**
- a. Strength
  - b. Power
  - c. Power-endurance
  - d. Hypertrophy
- 88. If a client is able to perform a max of 6 repetitions, this correlates to what percentage of a 1RM?**
- a. 100%
  - b. 70%
  - c. 90%
  - d. 85%
- 89. Which periodization phase is the most common phase where athletes get "stuck" or plateau?**
- a. Strength
  - b. Conditioning
  - c. Power
  - d. Power-endurance
- 90. What is the most distinguishing attribute of the conditioning phase?**
- a. Functional movements are the main focus
  - b. Training is hardest on the beginner
  - c. The volume of work is the highest
  - d. Weekly volume decreases the most

- 91. How many sets and reps are recommended for the conditioning phase for developing a training base?**
- a. 8-15 sets/8-15 reps
  - b. 8-15 sets/12-20 reps
  - c. 12-20 sets/12-20 reps
  - d. 12-20 sets/8-15 reps
- 92. What is the main difference in the strength phase for the Functional Training periodization program vs traditional strength training programs?**
- a. The Functional Training method focuses on how much can be benched
  - b. Traditional strength programs focus more on functionality
  - c. The Functional Training strength phase is to focus on how to transfer strength from traditional lifts to functional movement
  - d. There really is no difference between the two
- 93. What is the predominant variable during the strength phase of periodization?**
- a. Intensity
  - b. Volume
  - c. Frequency
  - d. Repetitions
- 94. Which body system is taxed more during the strength phase of periodization?**
- a. Peripheral nervous system
  - b. Central nervous system
  - c. Endocrine system
  - d. Cardiovascular system



- 95. Which periodization phase requires more rest between sets?**
- a. Power-endurance phase
  - b. Hypertrophy phase
  - c. Strength phase
  - d. Power phase
- 96. Power is defined as:**
- a. Work times time
  - b. Force times speed
  - c. Force divided by speed
  - d. Volume divided by time
- 97. Which statement is true concerning power training?**
- a. The athlete concentrates on speed for longer periods of time
  - b. Heavier loads are used in the power phase while lighter loads are used in the strength phase
  - c. Loads should be heavier in order to increase speed
  - d. It should progress from heavier loads in the strength phase to lighter loads in the power phase
- 98. Which of the following is a common misconception for plyometrics?**
- a. The myotatic stretch for plyometrics needs to be fast for plyometrics
  - b. All plyometric training is power training
  - c. It is the same as power training
  - d. Effective power training does not have to be plyometric
- 99. Which phase is considered to be the “most exciting” phase in periodization?**
- a. Power
  - b. Hypertrophy
  - c. Power-endurance
  - d. Strength

- 100. How should clients feel after a power training session?**
- a. Tired
  - b. Slightly sore
  - c. Relaxed
  - d. Energized
- 101. Which phase of periodization is considered to be the most energy-intensive phase?**
- a. Power
  - b. Power-endurance
  - c. Strength
  - d. Hypertrophy
- 102. By using metabolic protocols, pre-fatiguing training, and other methods, an athlete can reduce traditional training volume by as much as:**
- a. 40%
  - b. 50%
  - c. 30%
  - d. 10%
- 103. The length of each periodization phase can vary, but the book recommends each phase to last:**
- a. 6 weeks
  - b. 4 weeks
  - c. 2 weeks
  - d. 16 weeks

- 104. How many weeks should it take for an athlete to peak?**
- a. 6 weeks
  - b. 4 weeks
  - c. 2 weeks
  - d. 16 weeks
- 105. Which of the following is not a recommended strategy if a competition schedule does not fall into a 16 week time slot?**
- a. Not to train what is not needed
  - b. Focus on individual muscles that are weakest
  - c. Shorten cycles that are needed the least
  - d. To blend or combine phases
- 106. How long should a beginning athlete perform the conditioning day workout before moving on to the strength program?**
- a. 2-3x/week for 4 weeks
  - b. 2-3 x/week for 8 weeks
  - c. 1-2x/week for 2 weeks
  - d. 3-5x/week for 6 weeks
- 107. How long should an experienced and conditioned athlete wanting to work on power endurance perform the power endurance workouts?**
- a. 2-3x/week for 2-4 weeks
  - b. 2-3x/week for 8 weeks
  - c. 1-2x/week for 2 weeks
  - d. 3-5x/week for 6 weeks

**108. All of the following exercises are recommended for a young athlete who has never trained and interested in improving athletic ability by strength and conditioning EXCEPT:**

- a. Single-leg squat
- b. Rotation with pivot
- c. MB crossover push-up
- d. Recline pull (row)

**109. Which is not an exercise in the Golf Power-Drive Protocol?**

- a. SB log roll
- b. BP short rotation
- c. BP pulsating backswing
- d. BP high-to-low chop

**110. Which program helps improve speed without running?**

- a. Running Speed-Demon Protocol
- b. Lateral Change of Direction: Cut Protocol
- c. Flamethrower
- d. Home-Run Protocol

**111. The Punching Power: KO Protocol works on:**

- a. Emphasize pulling action
- b. Works on extension of the glutes
- c. Developing rotational stiffness
- d. Developing hip external rotation

**112. Which of the following exercises is not a part of the Lateral Change of Direction: Cut Protocol?**

- a. DB or KB lateral reaching lunge
- b. Lateral slide
- c. Single-leg CLA anterior reach
- d. Skater

- 113. Which protocol improves overhead activities?**
- a. Flamethrower
  - b. Home-run Protocol
  - c. Hammer thrower
  - d. Punching Power: KO
- 114. Which exercise is not part of the Batting Power: Home-Run Protocol?**
- a. SB rollout
  - b. BP low-to-high chop
  - c. Vibration blade 12 o'clock oscillation
  - d. MB rotational throw: perpendicular
- 115. Which of the following is known as the "Hamstrings of Steel"?**
- a. Triple threat
  - b. Fabulous Five
  - c. JC Leg Crank
  - d. Steel core
- 116. Which of the following is considered to be the most popular and diverse protocols?**
- a. Chopper
  - b. Triple threat
  - c. Steel core
  - d. Core activator
- 117. Which statement is false concerning the Chopper program?**
- a. Large athletes can use 25-45 lb medicine balls
  - b. It can be used as a circuit for warm up
  - c. It can be performed using sandbags or weight plates
  - d. The protocol can be used as a power workout

- 118. Which of the following is not considered to be a use for the core activation protocol?**
- a. It is a prehabilitator for the spine
  - b. It is a great way to strengthen the core when the client cannot exercise the lower body
  - c. It is used as an advanced conditioning protocol
  - d. It is a rehabilitator for the spine
- 119. Which program is similar to the Chopper program except bands and pulleys are used?**
- a. Triple Threat
  - b. Fabulous Five
  - c. Core Activator
  - d. Steel Core
- 120. Which program is ideal as a cool-down for big athletes who are focusing on hypertrophy for a few weeks?**
- a. Triple Threat
  - b. Core Activator
  - c. Steel Core
  - d. Fabulous Five
- 121. Which statement is incorrect about the Triple Threat program?**
- a. When performing the single-leg version, use the free leg to walk the stability ball to the next position
  - b. During week 1-10, use the double-leg version
  - c. Allow your hips to touch the floor when performing the protocol as a sequence
  - d. Perform the protocol as a sequence with rest

- 122. Which statement is false concerning metabolic protocols?**
- a. Used with advanced athletes
  - b. These are always performed with short sets
  - c. Excellent for finishing a hypertrophy workout
  - d. They add a high level of training to current training protocols
- 123. How many sets should you be able to perform of each exercise in the other protocols before moving into the metabolic protocols?**
- a. 6
  - b. 4
  - c. 3
  - d. 5
- 124. When performing the JC Leg Crank, when is the recovery time between sets 60 seconds?**
- a. Week 2
  - b. Week 3
  - c. Week 4
  - d. Week 1
- 125. If you perform the JC Meta Back protocol, how many days of rest should you take when the frequency is 1-2x/week?**
- a. There is no minimum recommendation
  - b. 3 days
  - c. 1 day
  - d. 2 days
- 126. What is the difference between the JC Meta Chest versions 1 and 2?**
- a. 1.0 uses bands and bodyweight exercises
  - b. 1.0 uses explosive punching power
  - c. 2.0 is more popular with athletes than the 1.0 version
  - d. Only the 1.0 should be used as a chest flush after a chest day

- 127. How often should the JC Meta Chest giant sets be performed?**
- a. Up to 3x per week
  - b. Only 1x per week
  - c. Every day
  - d. 4-5x per week
- 128. How many repetitions are performed in the Gary's Dumbbell Matrix?**
- a. 72
  - b. 8-16
  - c. 4
  - d. 56
- 129. When progressing from using bodyweight to using light dumbbells in the DB Matrix, how much should the dumbbells weigh?**
- a. 10% of body weight
  - b. 2% of body weight
  - c. As much as the client can lift
  - d. 5% of body weight
- 130. If you are performing the DB Matrix indefinitely, without periodizing, how much should the DBs weigh?**
- a. 10% of body weight
  - b. 12% of body weight
  - c. 5% of body weight
  - d. 1% of body weight
- 131. Which is not one of the ways to integrate a functional exercise into a traditional workout when using the 3TIS system?**
- a. To introduce the exercise into the warm-up or cool-down
  - b. To build up to a specific body part
  - c. To unload a body part from traditional work
  - d. To focus on improvements in flexibility



- 132. When using the 3TIS as a general warm-up, what modality should be used?**
- a. Traditional
  - b. Any that you like
  - c. Hybrid
  - d. Functional
- 133. When should the build-up tier of integration be added when using the 3TIS system?**
- a. As a warm-up or cool-down method
  - b. As a post-season workout for athletes
  - c. When the client is a beginner
  - d. When it's time to get more aggressive
- 134. When using the unload method during the 3TIS, primary movers are:**
- a. Loaded with functional training
  - b. Targeted on heavy hypertrophy days
  - c. Unloaded with functional training
  - d. Loaded at least 5 days per week
- 135. Which level of integration for the 3TIS system is the most popular and powerful?**
- a. Hybrid
  - b. Biplaxes
  - c. Unloaded level
  - d. Build-up
- 136. In biplaxes, when is core worked?**
- a. 3<sup>rd</sup> exercise
  - b. 4<sup>th</sup> exercise
  - c. 1<sup>st</sup> exercise
  - d. 2<sup>nd</sup> exercise

**137. If an entire program consisted of bplexes, how much of the program would be made up of functional training exercises?**

- a. 75%
- b. 65%
- c. 25%
- d. 50%

**138. Bplexes are very beneficial to athletes who want to:**

- a. Focus only on rehabilitative issues during in-season competition
- b. Focus on endurance while avoiding muscle bulking
- c. Focus on power gains while addressing core
- d. Focus on muscle gain while addressing rehabilitative concerns

**139. Which hybrid complex focuses more on the needs of endurance athletes?**

- a. Unplexes
- b. Bplexes
- c. Triplexes
- d. Quadplexes

**140. Which level of the hybrid complex program focuses more on functional training?**

- a. Triplexes
- b. Quadplexes
- c. Unplexes
- d. Bplexes

**141. The first exercise in a hybrid is:**

- a. Functional
- b. Hardest
- c. Traditional
- d. Easiest

- 142. When working in the power cycle in a hybrid program, how many repetitions should be performed for each exercise?**
- a. 7
  - b. 5
  - c. 10
  - d. 8-16
- 143. During the power cycle of a hybrid program, how long is the rest between the traditional exercise and the explosive equivalent?**
- a. 30 seconds
  - b. 2 minutes
  - c. 60 seconds
  - d. 2-3 minutes
- 144. How many sets should be performed for the conditioning and hypertrophy phase of the hybrid program?**
- a. 8-15 sets
  - b. 12-20 sets
  - c. 10-12 sets
  - d. 9-12 sets
- 145. The cycle length for the strength phase of the hybrid program is:**
- a. 4 weeks
  - b. 5 weeks
  - c. 6 weeks
  - d. 7 weeks

- 146. How long is the rest between the traditional strength exercise and the explosive equivalent during the power-endurance phase for hybrid programs?**
- a. 30 seconds
  - b. There is no rest
  - c. 60 seconds
  - d. 90 seconds
- 147. If an athlete is performing a sport-specific program in the power-endurance phase, how many days per week is the norm?**
- a. 4
  - b. 3
  - c. 2
  - d. 1
- 148. If your fitness level is high when using the sports-specific training programs:**
- a. Repeat each week of each phase only 2 times max
  - b. Start with any week that feels comfortable
  - c. Always begin with week one as the program is designed
  - d. Follow the program in the book exactly as stated
- 149. For the warm-up to the strength phase for volleyball, how many sets of the Gary's Dumbbell Matrix should be performed?**
- a. 3
  - b. 1
  - c. 5
  - d. 4
- 150. The best approach to improve human performance is to:**
- a. Follow the workout recommendations as they are present exactly
  - b. Use an eclectic approach
  - c. Go by how you feel
  - d. No pain, no gain

