

High-Intensity 300

CORRESPONDENCE EDUCATION PROGRAM # 155

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LEARNING OBJECTIVES:

High-Intensity 300

After completing this course participants will be able to:

1. Understand the definition of intensity and exercise density, and how it is applied to high-intensity interval training
2. Be able to explain excess post-exercise oxygen consumption.
3. Learn and be able to apply two benchmark workouts that are designed to assess someone's current level of fitness, as well as the need for additional assessments during the course of the exercise program.
4. Understand basic rules to train by, such as correct form, dynamic warm-ups, choosing the correct load, the amount of effort, and appropriate recovery intervals.
5. Learn the correct form and common mistakes for the eight fundamental movements, including the hip hinge, squat, overhead press, chest press, chin-up, row, crunch and plank.
6. Know how to recognize the symptoms of overtraining.
7. Understand the nutritional components, which will yield the greatest muscular development.
8. Learn the appropriate technique for a variety of dynamic and static stretches.
9. Be able to demonstrate a variety of workouts designed for ultimate fat loss.
10. Learn the appropriate dynamic stretches for the warm-up and static stretches for the cool-down for each ultimate fat loss workout.
11. Learn appropriate regressions and progressions for each ultimate fat loss workout.

12. Be able to demonstrate and describe the featured exercise in each ultimate fat loss workout.
13. Be able to discuss a variety of workout and fitness tips that are presented with each workout, such as circuit training, correct form, different types of equipment, progress assessment, and more.
14. Demonstrate a variety of workouts designed for getting stronger.
15. Learn the appropriate dynamic stretches for the warm-up and static stretches for the cool-down for each getting stronger workout.
16. Be able to demonstrate and describe the correct technique for each featured exercise in the getting stronger workouts.
17. Explain a variety of workout and fitness tips for each getting stronger workout, such as proper form, depth jumps, the functionality of the deadlift, flexibility issues for an overhead press, the metabolic impact of power exercises, and more.
18. Be able to demonstrate and explain a variety of workouts designed for targeted muscle builders.
19. Learn the appropriate regressions and progressions for each targeted muscle builders workout.
20. Be able to demonstrate and describe the featured exercise in each targeted muscle builder workouts.
21. Be able to discuss a variety of workout and fitness tips that are presented with each targeted muscle builder workout, such as the proper technique for a pulling exercise, explosive power, designing a workout that does not need traditional gym equipment, targeting the pull muscles, learn the most metabolically demanding exercises and more.
22. Demonstrate a variety of workouts designed for conditioning called the Last (Wo)Man Standing.
23. Learn the appropriate warm-up and cool-down for each of the workouts for the Last (Wo)Man Standing.
24. Be able to demonstrate and describe the correct technique for the featured exercises in each of the Last (Wo)Man Standing workouts.

25. Learn appropriate regressions and progressions for each Last (Wo)Man Standing workout.
26. Explain a variety of conditioning tips such as overcoming plateaus, visualization, performing circuits for time, exercise complexes, and plyometric training.
27. Be able to demonstrate and explain a variety of workouts designed to specifically target the core.
28. Learn the appropriate warm-up, technique of featured exercise, and cool-down for each of the Core of the Matter workouts.
29. Understand the importance of nutrition in achieving six-pack abs.
30. Understand how the muscles of the core work together to connect the upper and lower body together.
31. Learn appropriate regressions and progressions for each Core of the Matter workout.
32. Understand how combining push and pull exercises into a circuit training routine can increase muscular strength and development while simultaneously keeping the heart rate accelerated and burning calories.
33. Be able to demonstrate and explain a variety of workouts designed to specifically target pull and push exercises.
34. Learn the appropriate warm-up, technique of featured exercise, and cool-down for each of the Let's Push! Let's Pull! Workouts.
35. Learn appropriate regressions and progressions for each of the Let's Push! Let's Pull! Workouts.
36. Learn the Tabata method for high-intensity interval training and be able to apply it to any exercise.
37. Understand how partial range of motion on major muscle mover exercises can help increase overall strength.
38. Utilize the techniques from earlier workouts in the book to be able to demonstrate and utilize the 40 Toughest Workouts.

39. Learn the appropriate warm-up, technique for the featured exercise, and cool-down for each of the workouts given in the 40 Toughest Workouts.
40. Be able to safely regress and progress each workout in the 40 Toughest Workouts.



CEC/CEU Test for High-Intensity 300

This is a multiple choice test. Please circle the BEST answer for each question

1. What is the description given for intensity of load?

- A. How intensely you perceive the work to be.
- B. How much weight you are lifting compared to how much weight could be lifted.
- C. How much rest you give yourself between sets.
- D. How many repetitions you can complete during one set.

2. What is the term used to describe the increased oxygen needs after a workout to return the body to homeostasis?

- A. Excessive post-exercise oxygen consumption
- B. Ventilatory threshold
- C. Anaerobic threshold
- D. Lactic acid threshold

3. How long can EPOC last after a workout?

- A. 1 hour
- B. 8 hours
- C. 12 hours
- D. 36 hours

4. Which of the following is not an example of external resistance?

- A. Barbells
- B. Kettlebells
- C. Isometrics
- D. Dumbbells

5. What is the term for the amount of work that can be performed in a specified period of time?

- A. Density
- B. Repetitions
- C. Sets
- D. Resistance

6. Which of the following exercises is not included in the assessment benchmark workout 1?

- A. Barbell back squat with a load equal to 50% of your body weight
- B. Deadlifts with a load equal to 50% of your body weight
- C. Kneeling Lat pull-down with 50% of body weight
- D. Plank held for maximum time

7. How many repetitions of the barbell back squat with a load of 50% body weight would indicate that it is time to step it up in the program?

- A. Less than 10 repetitions
- B. Less than 15 repetitions
- C. 10 to 20 repetitions
- D. Greater than 20 repetitions

8. Which of the following exercises is not included in the benchmark workout 2?

- A. Plank held for maximum time
- B. 30 prisoner squats
- C. 20 incline or regular push-ups
- D. 20 kneeling Lat pull-downs with 50% body weight

9. How often should you retest both benchmark workouts?

- A. 2 weeks
- B. 1 month
- C. 2 months
- D. 4 months

- 10. What percentage of increase should be added to a program when you are ready to increase the resistance?**
- A. 5% or less
 - B. 15%
 - C. 20%
 - D. 25%
- 11. How much sleep should you get at night to adequately recover from strenuous training?**
- A. 4 to 6 hours
 - B. 7 to 9 hours
 - C. 9 to 11 hours
 - D. Sleep has no effect on recovery from strenuous training
- 12. Which type of superset involves several exercises, one after the other, with one weight?**
- A. Circuit training
 - B. Descending pyramids
 - C. Ascending pyramids
 - D. Complexes
- 13. Which of the following exercises would cause a complex to break down due to strength differences?**
- A. Hang power clean
 - B. Push Press
 - C. Barbell bicep curl
 - D. Bent-over row
- 14. Which of the following is not one of the eight fundamental movement patterns?**
- A. Hip hinge
 - B. Squat
 - C. Bridge
 - D. Overhead press

15. If the hip hinge is done correctly, where will you start to feel a stretch?

- A. Hamstrings
- B. Lower back
- C. Quadriceps
- D. Upper back

16. Which of the following is not a common mistake with the overhead press?

- A. Using a neutral grip
- B. Using too wide of a grip
- C. Leaning back during the movement
- D. Using a partial range of motion

17. Which of the following is not a common mistake during a chin up?

- A. Moving the knees forward to increase leverage
- B. Kipping
- C. Not fully extending at the bottom position
- D. Fully extending at the bottom position

18. Which type of muscle contraction is used while performing a plank?

- A. Concentric contraction
- B. Eccentric contraction
- C. Isometric contraction
- D. Hydrostatic contraction

19. Which of the following would not be a symptom of overtraining?

- A. Constantly increased heart rate
- B. Increased desire to train
- C. Difficulty sleeping
- D. Depression or moodiness

20. What is the recommended protein intake for someone using high intensity training?

- A. 0.5 to 1 grams of protein per kilogram of body weight
- B. 1.4 to 1.8 grams of protein per kilogram of body weight
- C. 2 grams of protein per kilogram of body weight
- D. 10 grams of protein per kilogram of body weight.

21. What is the recommendation for carbohydrate and protein replenishment after training?

- A. 0 grams of carbs for every 1 gram of protein
- B. 1 gram of carbs for every 1 gram of protein
- C. 2 grams of carbs for every 1 gram of protein
- D. Carbohydrate intake after exercise is not important.

22. Which of the following is not a static-stretch cool-down?

- A. Squat to stand
- B. Standing Quad stretch
- C. Double Lat stretch
- D. Pec Stretch

23. Which of the following exercises is not included in the short circuit workout?

- A. Narrow-grip chin-up
- B. Goblet squat
- C. Push-ups
- D. Leg extensions

24. Which of the following is not part of the dynamic warm-up for the Holy Grail workout?

- A. Squat to stand
- B. Quadruped T-spine rotation
- C. Hip hinge
- D. Glute bridge

- 25. How many repetitions should be performed of the prisoner jump squat in the code red workout in the step it up workout?**
- A. 5 reps
 - B. 10 reps
 - C. 15 reps
 - D. 25 reps
- 26. Which of the following exercises is done during the Dead Man Jumping workout?**
- A. Back lunges
 - B. Push ups
 - C. Chin-ups
 - D. Conventional deadlift
- 27. What is the featured exercise in the Unlucky 7s workout?**
- A. Burpee
 - B. Split Jumps
 - C. Deadlift
 - D. Trap Bar Deadlift
- 28. Which of the following stretches is not included in the warm-up for the Circuit Maximus workout?**
- A. World's greatest stretch
 - B. Inchworm
 - C. Hip Rocker
 - D. Inverted hamstring stretch
- 29. What exercise is included along with Barbell thrusters in the Over the Rainbow workout?**
- A. Over-the-shoulder medicine toss
 - B. Russian Step-Up
 - C. Trap Bar Deadlift
 - D. Conventional Deadlift

- 30. If you were going to step it up in the All Out workout, how many additional repetitions would you add?**
- A. 2
 - B. 5
 - C. 10
 - D. 20
- 31. Which of the following muscles is not targeted during a kettlebell swing?**
- A. Glutes
 - B. Hamstrings
 - C. Gastrocnemius
 - D. Lower Back
- 32. Which of the following exercises is not included in The Big Bang workout?**
- A. Box Jumps
 - B. Split Jumps
 - C. Burpees
 - D. Plyometric push-ups
- 33. Which of the following is not part of the cool-down for the 666 Barbell Beast workout?**
- A. Standing Quad stretch
 - B. 90-degree stretch
 - C. Pectoralis stretch
 - D. Double Lat stretch
- 34. What is the featured exercise in The Hero workout?**
- A. Push press
 - B. Barbell Front Squat
 - C. Barbell Romanian Deadlift
 - D. Conventional Deadlift

35. If you were going to step it up in the Triple Five Clean workout, how many rounds would you complete in total?

- A. 2
- B. 4
- C. 6
- D. 8

36. Where should the power come from during a Single-Arm Kettlebell Swing?

- A. Shoulders
- B. Upper Back
- C. Lower Back
- D. Hips

37. Which of the following is not included in the warm-up for the Circuit Breaker workout?

- A. The World's Greatest Stretch
- B. Squat to stand
- C. Quadruped T-spine Rotation
- D. Glute-Bridge

38. Which of the following exercises is not included in the Wham Bam Slam workout?

- A. TRX Jumping Split Squats
- B. Pull-Ups
- C. Over-the Shoulder Medicine Ball Toss
- D. Farmer's Walk

39. What is the featured exercise in the Bottoms Up workout?

- A. Sumo Deadlifts
- B. Handstand Push-Up
- C. Pull-Up
- D. Barbell Back Squats

40. Which of the following is included in the cool-down of The Sentinel workout?

- A. Double Pec Stretch
- B. Quad Stretch
- C. Double Lat Stretch
- D. Hip Flexor Stretch

41. How many rounds of the Pain and Gain workout should be done for a complete workout?

- A. 3
- B. 4
- C. 5
- D. 6

42. Which of the following exercises is not included in the Row a Go Go workout?

- A. Dumbbell Push Press
- B. Alternating Step-Back Lunge
- C. Rower
- D. Overhead Walking Lunge

43. What is the featured exercise in the 5-10-15 workout?

- A. Wall Ball
- B. Single-Arm Kettlebell Swing
- C. Double-Arm Kettlebell Swing
- D. Pull-Ups

44. What is the starting position for the Frog Sit-Up?

- A. Standing with toes turned out
- B. Seated with arms over head and toes turned out
- C. Prone with the bottom of the feet together and heels close to the pelvis.
- D. Supine with the bottom of the feet together and heels close to the pelvis.

- 45. How long is the rest between rounds for the Toes to Bar complete workout?**
- A. 30 seconds
 - B. 1 minute
 - C. 90 seconds
 - D. 2 minutes
- 46. What simple move may improve balance and stability and keep you from leaning to one side?**
- A. Hold the weight over your head.
 - B. Lean in the opposite direction.
 - C. Move the non-working arm out to the side and make a fist.
 - D. Complete the exercise without weight.
- 47. What is the featured exercise in The Flame workout?**
- A. Barbell Thruster
 - B. Side Lunge and Press
 - C. Wide-grip Pull-up
 - D. Hanging Knees to Elbows
- 48. Which of the following exercises is not included in The Big Hurt workout?**
- A. Split Jumps
 - B. Box Jumps
 - C. Pull-ups
 - D. Burpees
- 49. Which of the following is not included in the warm-up for the Grandmaster workout?**
- A. Inverted Hamstring stretch
 - B. Squat to Stand
 - C. Kneeling Adductor stretch
 - D. Hip Rocker

50. How many sets of each exercise would you complete during the Body Armor complete workout?

- A. 5
- B. 8
- C. 10
- D. 15

51. Which of the following stretches should be done during the cool-down for the Going In for the Kill workout?

- A. 90 degree stretch
- B. Quad stretch
- C. Pec stretch
- D. Double Lat stretch

52. How would you Step It Up in the Balls to the Wall workout?

- A. Add 1 more round
- B. Add 2 more rounds
- C. Add 5 more repetitions
- D. Add 5 more repetitions

53. What is the featured exercise in the For Whom the Bells Toll workout?

- A. Goblet Squat
- B. Kettlebell Clean and Press
- C. Kettlebell Renegade Row
- D. Double-arm Kettlebell Swing

54. What is the weight to be used during the 40 Reps of Hell workout?

- A. 50 pounds
- B. 75 pounds
- C. 95 pounds
- D. 115 pounds

- 55. What is the resistance for the Barbell Front Squat in the Aggressive workout?**
- A. 25 percent of body weight
 - B. 50 percent of body weight
 - C. 75 percent of body weight
 - D. 100 percent of body weight
- 56. Which of the following would be incorrect form during the bench press and may cause harm?**
- A. Keep feet on the floor.
 - B. Keep head and upper back on the floor.
 - C. Keep glutes on the bench.
 - D. Flare elbows out to the side when lowering the bar.
- 57. Which of the following is the featured exercise in The Depths of Hell workout?**
- A. Depth Jump
 - B. Snatch
 - C. Plyo Push-up
 - D. Double-arm Kettlebell Swing
- 58. The deadlift trains which entire part of the body?**
- A. Anterior chain
 - B. Posterior chain
 - C. Frontal chain
 - D. Transverse chain
- 59. Which of the following dynamic stretches is not included in the warm-up for the In Over Your Head workout?**
- A. The World's Greatest Stretch
 - B. Inchworm
 - C. Shoulder Sweeps
 - D. Glute Bridge

- 60. What would be an example of a regression for the Snatched workout?**
- A. Decrease to 12 sets.
 - B. Decrease to 10 sets.
 - C. Decrease to 8 sets.
 - D. Decrease to 6 sets.
- 61. Which of the following stretches is not included in the cool-down for the Snatch Complex workout?**
- A. Standing Quad stretch
 - B. 90-degree stretch
 - C. Cross-body stretch
 - D. Double Lat stretch
- 62. How many repetitions of the High-to-Low Cable Fly should be completed during the complete workout of the Absolute Bench Press?**
- A. 3 repetitions
 - B. 6 repetitions
 - C. 8 repetitions
 - D. 10 repetitions
- 63. Which of the following dynamic stretches would be included in the Total War workout?**
- A. Hip Rockers
 - B. Inchworms
 - C. Quadruped T-spine Rotations
 - D. Cat-Cow
- 64. What would be the suggested regression for the Bench Max workout?**
- A. Do as many sets as needed to find the 1RM.
 - B. Reduce the heaviest weight possible by 15% and do as many repetitions as possible.
 - C. Decrease the rest between sets.
 - D. Find your heaviest triple repetition set, instead of working toward your 1 RM.

65. For the TRX Hamstring Curl, how far above the floor should the stirrups be at the starting position?

- A. 6 inches off the ground
- B. 12 inches off the ground
- C. 18 inches off the ground
- D. 24 inches off the ground

66. Which of the following exercises is the only exercise used during the complete workout of the Perfect Pause workout?

- A. Hang Muscle Snatch
- B. Overhead Squat
- C. Face Pull
- D. Paused Clean

67. What is the suggested progression to step it up in the Crazy 8s workout?

- A. Perform 6 sets of the exercises.
- B. Perform 8 sets of the exercises.
- C. Perform 10 sets of the exercises.
- D. Perform 12 sets of the exercises.

68. What is the featured exercise in the Fade to Black workout?

- A. Glute-Ham Raise
- B. Snatch-grip Deadlift
- C. Seated Cable Face Pull
- D. Barbell Overhead Press

69. Which of the following is not included in the warm-up of the Pressed for Time workout?

- A. The World's Greatest Stretch
- B. Inchworm
- C. Quadruped T-spine rotation
- D. Cat-Cow

70. What is the exercise utilized during the Minute on the Minute workout?

- A. Pillar Bridge March
- B. Chin-up
- C. Power Clean
- D. Barbell Deadlift

71. Which of the following is not included during the cool-down of the 12 Minutes to Dead workout?

- A. Double Lat stretch
- B. Hamstring stretch
- C. Calf Stretch
- D. Quadriceps stretch

72. What is highly recommended during the Body-Weight Bench workout?

- A. Use greater than your bodyweight as the resistance.
- B. Do more repetitions with just the barbell as resistance.
- C. Use a spotter.
- D. Use monster bands instead of TRX.

73. Which of the following is the featured exercise in the Front Squat Max workout?

- A. Barbell Front Squat
- B. Dumbbell Romanian Deadlift
- C. Single-leg Press
- D. Leg Press Calf Raise

74. What would be the regression to make the Recondo workout an easier exercise?

- A. Decrease the number of repetitions.
- B. Increase the number of repetitions.
- C. Decrease the number of sets by one.
- D. Increase the number of sets by one.

75. Which of the following statements is incorrect when describing the correct technique for the Barbell Clean and Push Press?

- A. Begin by holding the barbell with an underhand grip.
- B. Begin with hands and feet positioned slightly further than shoulder-width apart.
- C. Lift the bar until it reaches the mid-thigh.
- D. Transition by exploding into triple extension.

76. What is the term used to describe the increase in strength during a strength set seen after performing an explosive or speed exercise?

- A. Neural activation
- B. Neural potentiation
- C. Neural adaptation
- D. Synergistic dominance

77. Which of the following muscle groups is activated more in a Sumo deadlift compared to a traditional deadlift?

- A. Abductors
- B. Glutes
- C. Hamstrings
- D. Adductors

78. Which of the following is not included in the warm-up for the Clean Complex workout?

- A. Squat to Stand
- B. Inchworm
- C. Kneeling Adductor stretch
- D. Hip Rocker

79. Which of the following is the featured exercise the in the Third World workout?

- A. Snatch
- B. Overhead Squat
- C. Push-Press
- D. Snatch Balance

- 80. Which of the following is included in the cool-down for the Absolute Deadlift workout?**
- A. Standing Quad stretch
 - B. 90-degree stretch
 - C. Hamstring stretch
 - D. Cross-body stretch
- 81. Which of the following dynamic stretches is not included in the warm-up for the Insurance workout?**
- A. Squat to Stand
 - B. Quadruped T-spine rotation
 - C. Glute Bridge
 - D. World's Greatest stretch
- 82. How many repetitions of each exercise are performed for each exercise in the Olympic Complex workout?**
- A. 1
 - B. 2
 - C. 3
 - D. 4
- 83. What would be the progression to step it up in the Push Press Max workout?**
- A. Do three single repetition sets of the Push Press.
 - B. Do two more single repetitions with maximum weight for the Push Press.
 - C. Do two more rounds of the entire exercise sequence.
 - D. Do five more single repetitions with maximum weight for the Push Press.
- 84. Which workout involves holding two ten-pound weight plates together while doing a farmer's walk?**
- A. Crazy 8s: Deadlift
 - B. Olympic Complex
 - C. Push Press Max
 - D. Popeye's Revenge

85. What percentage of body weight should you use as the resistance for the Hang Power Clean during the complete workout for the To the Death workout?

- A. 25%
- B. 50%
- C. 75%
- D. 100%

86. How much is the total amount of weight lifted during the Sniper workout?

- A. 4,000 pounds
- B. 6,000 pounds
- C. 8,000 pounds
- D. 10,000 pounds

87. Which of the following exercises is not included in the Five-Star General workout?

- A. Power Clean
- B. Push Press
- C. Barbell Overhead Press
- D. Flat Dumbbell Bench Press

88. What is the featured exercise in the 6-12-25 Glutes and Hammies workout?

- A. Conventional Deadlift
- B. Stability Ball Hamstring Curl
- C. Dumbbell Romanian Deadlift
- D. Push Press

89. Which of the following is not included in the dynamic warm-up for the Boxed In workout?

- A. World's Greatest stretch
- B. Squat to Stand
- C. Kneeling Adductor stretch
- D. Hip Rocker

90. What should be the angle of incline for the High-Incline Barbell press?

- A. 20 degrees
- B. 40 degrees
- C. 60 degrees
- D. 80 degrees

91. Which of the following passive stretches is not included for the cool-down in the Ham and Aches workout?

- A. Double Lat stretch
- B. Hamstring stretch
- C. Hip flexor stretch
- D. Calf stretch

92. Which grip of the Pull-up will target more of the biceps and the lats?

- A. Reverse grip
- B. Supinated grip
- C. Pronated grip
- D. Neutral grip

93. Which of the following types of squats is not included in the Squat-a-Lot workout?

- A. Goblet Squats
- B. Sumo Squats
- C. Barbell Front Squat
- D. Overhead Squat

94. How many repetitions and sets of the Chin-up should be completed during the Lots of Lats complete workout?

- A. 2 sets of 4 repetitions
- B. 4 sets of 4 repetitions
- C. 4 sets of 8 repetitions
- D. 5 sets of 10 repetitions

- 95. What degree of knee flexion should there be at the starting position of the Dumbbell Step-up?**
- A. 45 degrees
 - B. 60 degrees
 - C. 90 degrees
 - D. 120 degrees
- 96. Which of the following exercises for the shoulder is not included in the Shoulder Shredder workout?**
- A. Rear Deltoid Flyes
 - B. Push-Press
 - C. Incline Dumbbell Chest Press
 - D. Cable Diagonal Raise
- 97. Which of the following dynamic stretches is not included in the 6-12-25 Quads workout?**
- A. World's Greatest stretch
 - B. Squat to Stand
 - C. Kneeling Adductor stretch
 - D. Hip Rocker
- 98. Which of the following muscles is not recruited during a rear lateral raise?**
- A. Posterior deltoid
 - B. Rhomboids
 - C. Middle Traps
 - D. Teres Minor
- 99. What is the featured exercise in the Lots of Squats workout?**
- A. Goblet Squats
 - B. Barbell Back Squats
 - C. Prisoner Jump Squats
 - D. Barbell Front-foot Elevated Split Squat

100. How many repetitions of the Prisoner Jump Squat should be performed in the complete workout of the Lots of Squats workout?

- A. 4 repetitions
- B. 6 repetitions
- C. 8 repetitions
- D. 10 repetitions

101. Which of the following dynamic stretches is included in the warm-up for the Step It Up workout?

- A. Shoulder Sweeps
- B. World's Greatest stretch
- C. Barbell Lateral Step-ups
- D. Quadruped T-spine Rotation

102. What is the featured exercise for the Armed Forces workout?

- A. Close-grip Bench Press
- B. Chin-ups
- C. Three-position EZ-bar curl
- D. Decline EZ-bar Triceps Extension

103. During the Dead Start workout, how far apart, approximately, should the plyometric boxes be arranged?

- A. 2 feet apart
- B. 3 feet apart
- C. 4 feet apart
- D. 5 feet apart

104. How many repetitions of the barbell front-foot elevated split squat should be done during the complete workout in the Dead Start workout?

- A. 1 to 2 repetitions
- B. 2 to 4 repetitions
- C. 4 to 6 repetitions
- D. 6 to 8 repetitions

105. Which of the following muscles is not one of the muscles that need to have full range of motion on pulling exercises?

- A. Rhomboids
- B. Anterior Deltoid
- C. Posterior Deltoid
- D. Mid and Lower Traps

106. Which of the following stretches is part of the dynamic warm-up for the Tri This workout?

- A. Inverted Hamstring stretch
- B. World's Greatest stretch
- C. Inchworms
- D. Glute Bridge

107. Which of the following exercises is not included in the Deadlift Max workout?

- A. Barbell Sumo Squats
- B. Conventional Deadlifts
- C. Leg Press
- D. Seated Calf Raise

108. What is the featured exercise in the Atlas workout?

- A. Push Press
- B. Cable Diagonal Raise
- C. Seated Dumbbell Shoulder Press
- D. Inverted Shoulder Press

109. Which of the following dynamic stretches is not included in the warm-up for the Clean the Plate workout?

- A. Glute Bridge
- B. World's Greatest stretch
- C. Hip Rocker
- D. Inverted Hamstring stretch

110. What is the featured exercise in the E-I-E-I-Ouch workout?

- A. Incline Dumbbell Chest Press
- B. Double-arm Kettlebell Swing
- C. Farmer's Walk
- D. Single-arm Kettlebell Swing

111. How many rounds of The Perfect 10 workout should be performed in the complete workout?

- A. 8 rounds
- B. 10 rounds
- C. 12 rounds
- D. 15 rounds

112. Which of the following exercises is not included in the Nifty 50 workout?

- A. Dive-Bomber Push-up
- B. Prisoner Squat
- C. Spit Jumps
- D. Barbell Deadlifts

113. How many repetitions of jumping jacks should be done in the complete workout of the Jack of All Trades workout?

- A. 25 repetitions
- B. 50 repetitions
- C. 75 repetitions
- D. 100 repetitions

114. How long should the chin-up with top hold be held during the three repetitions in the complete workout of the On Top workout?

- A. 2 seconds
- B. 5 seconds
- C. 10 seconds
- D. 20 seconds

115. How many repetitions of the Push Jerk should be completed in the Committed complete workout?

- A. 15 repetitions
- B. 25 repetitions
- C. 35 repetitions
- D. 45 repetitions

116. What would be an easier option/regression for the Damage workout?

- A. Decrease the number of repetitions in each set.
- B. Increase the amount of weight.
- C. Increase the number of rounds.
- D. Start in a seated position.

117. What is the appropriate amount of rest between rounds for The Patriot complete workout?

- A. 1 minute
- B. 2 minutes
- C. 5 minutes
- D. 10 minutes

118. What is the most effective way to achieve six-pack abs?

- A. Progressive Overload
- B. Increasingly higher numbers of repetitions
- C. Range of Motion
- D. Nutrition

119. Which of the following dynamic stretches is included in the Get Crushed workout?

- A. Squat to Stand
- B. Inchworm
- C. Kneeling Adductor stretch
- D. Quadruped T-spine Rotation

120. What would be a suggested progression to step it up in the Slideshow workout?

- A. Add 2 reps to each exercise.
- B. Increase the amount of rest.
- C. Decrease the number of sets.
- D. Decrease the amount of resistance.

121. Which of the following is not included in the warm-up for The Hip Dip workout?

- A. Squat to Stand
- B. Quadruped T-spine Rotation
- C. Glute Bridge
- D. Inchworm

122. Which of the following exercises is not included in the V Is for Victory complete workout?

- A. Sumo Deadlift
- B. Hanging Leg Raise
- C. Negative Sit-up
- D. Slider Pike

123. What is the suggested amount of rest after the Barbell Back Squat in the Pike's Peak complete workout?

- A. 30 seconds
- B. 45 seconds
- C. 60 seconds
- D. 90 seconds

124. What is the starting position for the Kneeling Cable Crunch?

- A. Kneeling facing away from the weight stack.
- B. Kneeling facing toward the weight stack.
- C. Standing facing the weight stack.
- D. Standing facing away from the weight stack.

125. What is the featured exercise in the Washboard workout?

- A. Toes to Bar
- B. Hanging Leg Raise
- C. Barbell Rollout
- D. Foam Roller Crush

126. Which of the following is not included in the cool-down for the On a Roll workout?

- A. Standing Quad stretch
- B. 90-degree stretch
- C. Glute Bridge
- D. Double Lat stretch

127. How many sets of the Barbell Floor Press and Weighted Chin-up should be done during the Sleeve Stretcher complete workout?

- A. 2 sets
- B. 3 sets
- C. 4 sets
- D. 5 sets

128. What is the recovery time between work intervals in a Tabata workout?

- A. 10 seconds
- B. 20 seconds
- C. 30 seconds
- D. 40 seconds

129. What percentage of your usual 3-5RM Squat weight should be used during the Half Squat complete workout?

- A. 80 to 95 percent
- B. 90 to 110 percent
- C. 120-130 percent
- D. Greater than 140 percent

130. What is the purpose of the towel in the Towel Press exercise?

- A. Reduce impact on the rib cage.
- B. Provide a target for barbell impact
- C. Control range of motion
- D. To increase recruitment of the Pectoralis Major

131. What is the progression for the step it up variation of the Armageddon workout?

- A. Add 1 set to each exercise.
- B. Subtract 1 set from each exercise.
- C. Use a Kneeling Lat Pull in place of the Chin-up.
- D. Increase the rest periods.

132. Which of the following exercises is included with the Broad Jump in the Broadway workout?

- A. Double-leg Bound
- B. Barbell Romanian Deadlift
- C. Trap Bar Deadlift
- D. Barbell Walking Lunge

133. How long is the pause during each repetition in the Paused Barbell Romanian Deadlift?

- A. 1 second
- B. 2 seconds
- C. 3 seconds
- D. Greater than 5 seconds

134. Which of the following stretches is not included in the cool-down in the Breaking Point workout?

- A. Double Lat stretch
- B. Cross-body stretch
- C. Hamstring stretch
- D. Pec stretch

135. Which of the following exercises is not included in the Bolder Shoulders workout?

- A. Neutral-grip Pull-up
- B. Seated Barbell Shoulder Press
- C. Wide-grip Pull-up
- D. Cable Diagonal Raise

136. What is the targeted muscle in the EZ-Bar Pullover?

- A. Transverse Abdominus
- B. Lats
- C. Anterior Deltoid
- D. Biceps

137. What would be a suggested progression for the step it up version of the Daggers workout?

- A. Increase the rest on the Push Jerk to 120 seconds
- B. Decrease the number of Push Jerk sets from 5 to 2.
- C. Decrease the rest to 30 seconds for the Incline Dumbbell Chest Press, Serratus Shrug, and Cable Diagonal Raise.
- D. Increase the rest to 90 seconds for the Incline Dumbbell Chest Press, Serratus Shrug, and Cable Diagonal Raise.

138. What does AMRAP stand for in the 40 Toughest Workouts?

- A. As much rest as possible
- B. As much resistance as possible
- C. As much rigidity as possible
- D. As many repetitions as possible

139. Which of the following exercises is not included in the Hyperdrive complete workout?

- A. Reverse Hyperextension
- B. Box Jumps
- C. 50-yard dash
- D. 200-yard spring

140. Which of the following exercises is included with the Barbell Bench Press in The Descent workout?

- A. Chin-up
- B. Barbell Thruster
- C. Barbell Back Squat
- D. Barbell Front Squat

141. Which of the following stretches is not included in the cool-down for the Death Circuit workout?

- A. Double Lat stretch
- B. Hamstring stretch
- C. Calf stretch
- D. Pec stretch

142. What is the featured exercise in the Glenn's Ladder workout?

- A. Push Press
- B. Pendlay Row
- C. Push-up
- D. Prisoner Squat

143. How many sets of The 10 Spot workout should be done for each exercise during each round of the complete workout?

- A. 7 sets
- B. 10 sets
- C. 15 sets
- D. 20 sets

144. During the AMRAP: Deadlift workout, how long do you have to do as many repetitions as possible during the complete workout?

- A. 8 minutes
- B. 10 minutes
- C. 12 minutes
- D. 20 minutes

145. What is the allotted time for the Barbell Bench Press in the One-Exercise Challenge: Barbell Bench Press complete workout?

- A. 4 minutes
- B. 10 minutes
- C. 15 minutes
- D. 25 minutes

146. What is the featured exercise in the Running Rebel workout?

- A. Jogging
- B. Long-distance running
- C. Sprinting
- D. Walking

147. Which of the following is not included in the suggested warm-up for the Multi-Tabata workout?

- A. Glute Bridge
- B. World's Greatest stretch
- C. Hip Rocker
- D. Inverted Hamstring stretch

148. What would be the progression for the step it up version of the 10-20-30-40 workout?

- A. Complete 3 rounds of the entire circuit.
- B. Complete 4 rounds of the entire circuit.
- C. Decrease the Chin-up repetitions to 10.
- D. Decrease the Push-up repetitions to 20.

149. What percentage of body weight would you use for the Barbell Back Squat in the regression/easy option?

- A. 130 percent
- B. 115 percent
- C. 90 percent
- D. 75 percent

150. What is the featured exercise in the Redemption workout?

- A. Box Jump
- B. Single-arm Dumbbell Snatch
- C. Toes to Bar
- D. Farmer's Walk