Men’s Body Sculpting

CORRESPONDENCE EDUCATION PROGRAM # 2013-100

This course will expire on December 31, 2014.

After that date no credit will be awarded for this program.
How to Complete this Program

Thank you for choosing an Exercise ETC correspondence program for your continuing education needs. To earn your CECs/CEUs you will need to read the enclosed book. After you have completed the book, take the test that is included with your program. Remember to choose the best or most correct answer.

Now Available: Instant Grading!

When you are ready to submit your test please go to our website at: www.exerciseetc.com On the left side of your screen you will see a blue, vertical bar with a list of options; click on “Administration” and then click “Correspondence Course Answer Sheets.” Choose the title of the test that you are completing and then simply follow all instructions to submit your test. Remember to complete all fields prior to submitting your test.

Once you submit your answers your purchase will be verified and your test will be corrected instantly; if you score at least 70% you will be able to print your CE certificate immediately. (If you have less than 70% correct, you will need to take test over again in order to qualify for the CECs/CEUs.) If we are unable to verify your purchase you will receive a message requesting that you call our office for instructions.

VERY IMPORTANT: Please make sure you have access to a working printer when you submit your test as your CE Certificate must be printed before you close out your testing session.

Good luck! If you have any questions or comments, please feel free to call us any time at 1-800-244-1344 or e-mail us at: info@exerciseetc.com
Learning Objectives: Men’s Body Sculpting

After reading Men’s Body Sculpting, the participant will be able to:

1. Understand how hypertrophy can be achieved safely
2. Understand how to target various muscles based on their location and attachments
3. Understand and implement workout sets, intervals, rest, and recovery based on one’s goals
4. Understand the principles of Focused Contraction Training (FCT)
5. Learn and understand how to increase mass by utilizing the body’s natural resources.
6. Implement a mass generator program and safely perform the exercises involved.
7. Understand the basic nutrients, their roles, and how the body utilizes them as fuel.
8. Facilitate the body fat blitz nutrition and workout program
9. Understand and implement appropriately the 12 steps to intensify
10. Understand the pros and cons of supplementation
11. Properly implement the Hybrid Hard Body program
12. Safely and effectively teach/perform exercises properly
13. Understand and implement injury prevention techniques
Men’s Body Sculpting: Course Examination

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

1. Muscle growth requires all of the following EXCEPT:
   A. Stimulus
   B. Fuel
   C. Intensity
   D. Repair

2. Which statement is FALSE about hypertrophy?
   A. Hypertrophy affects the Type I muscle fibers more
   B. Hypertrophy is due to an increase in the size of muscle fibers
   C. Strength improvements come after size improvements of muscles
   D. Hypertrophy affects the Type II muscle fibers more

3. Momentary muscle failure is:
   A. Not necessary to create a hypertrophic response
   B. Not needed in order to reach hypertrophic adaptation
   C. All that is needed in order to improve neural pathways
   D. When 100 percent effort is required to perform the last repetition

4. The form of energy that uses up most of the ATP within 10 seconds is:
   A. Glycogen
   B. Kreb’s Cycle
   C. Creatine
   D. Triphosphate

5. The by-product of glycogen energy system is:
   A. Lactic acid
   B. Creatine
   C. Phosphocreatine
   D. Glucose

6. How long does it take to repair high intensity muscle damage?
   A. 5-7 weeks
   B. 5-7 days
   C. 48 hours
   D. 72 hours
7. Failure to illicit an overload affect for _______ will result in deterioration of the hypertrophic affect.
   A. 48 hours
   B. 1 week
   C. 2 weeks
   D. 5 weeks

8. The three phases of a repetition are:
   A. Lower, pause, lift
   B. 1-2-1 cadence
   C. Lower, contraction, lift
   D. Lift, contraction, lower

9. Which of the following is not a type of muscle contraction involved in the hypertrophic adaptation program?
   A. Isometric
   B. Concentric
   C. Eccentric
   D. Isokinetic

10. The all-or-nothing principle is:
    A. The explanation of how muscle fibers contract based on the force needed to lift an object
    B. The explanation of how muscles weaken when not being trained
    C. The explanation of no-pain-no-gain
    D. The theory behind training Type I muscle fibers

11. The neural response of a muscle stimulates _____ while metabolic adaptation stimulates_____.
    A. Hypertrophy, Strength
    B. Endurance, Strength
    C. Endurance, Hypertrophy
    D. Strength; Endurance

12. When using the hypertrophic training principles, one must perform ___ reps in order to lift 85% of his 1RM.
    A. 10
    B. 8
    C. 6
    D. 4

13. Mike is working at 85% of his 1 RM. He is lifting 350 lbs for 6 reps for 3 sets. What is his training volume?
    A. 5355
    B. 1785
    C. 15.3
    D. 20.7
14. Which statement is TRUE about strength gains and sets?
   A. Strength increases do occur with 1 set
   B. Multiple sets are better for strength gains
   C. Increases in training volume are a must for adaptation
   D. The neuromuscular gains in multiple sets far outweigh single sets

15. The work set includes all of the following EXCEPT:
   A. 75 – 80% of 1RM
   B. 3-5 reps
   C. Single set
   D. Working to failure

16. Which statement is TRUE about multiple sets?
   A. The rest interval can be random to increase the adaptation affect
   B. If the muscle does not have time to fully recover, other fibers will be recruited
   C. Rest should be 3-4 minutes between sets
   D. Multiple sets have been shown not to increase adaptation

17. The ideal mass program should:
   A. Work the same muscles 5 days per week
   B. Incorporate a split program
   C. Work individual muscle groups 3 days per week
   D. Use a random rest period

18. The most critical nutrient in the diet for bodybuilding is:
   A. Protein
   B. Minerals
   C. Water
   D. Vitamins

19. Mori weighs 210 lbs (95 kg), has a body fat of 6%, and burns about 600 calories per day with his weight workout and his cardio program. What is his daily caloric requirement (DCR)?
   A. 2100 cals per day
   B. 2310 cals per day
   C. 1890 cals per day
   D. 2020 cals per day

20. Why is it best to spread your nutrition out into 5-6 meals per day?
   A. It helps to avoid an anabolic stimulus
   B. Too much protein in one sitting will not be absorbed by the body
   C. It allows the body to consume and utilize carbohydrates easier
   D. It allows you to maintain proper caloric levels
21. The proper amount of calories per day for a 240 lb body builder is:
   A. 2000 cals per day
   B. 2200 cals per day
   C. 2640 cals per day
   D. 2400 cals per day

22. The timing and spacing of your meals are important. Which of the following is FALSE concerning proper timing and spacing of your meals?
   A. Extended gaps may cause you to overeat
   B. Meals should be spaced every 3-4 hours
   C. Your gut can only absorb 30-40 grams of protein in one day
   D. Smaller meals reduce bloating

23. Proper nutritional proportions for a bodybuilder wants to gain muscle should be:
   A. 40% protein, 50% carbs, 10% fat
   B. 50% protein, 40% carbs, 10% fat
   C. A negative caloric balance
   D. 60% protein, 30% carbs, 10% fat

24. You are working with a 220lb bodybuilding client. How much protein should he consume each day?
   A. 220 g per day
   B. 165 g per day
   C. 330 g per day
   D. 150 g per day

25. Which nutrient has the highest thermic effect?
   A. Creatine
   B. Fat
   C. Protein
   D. Carbohydrates

26. Biological Value of foods means:
   A. It has a high glycemic effect
   B. It has high quality of protein
   C. It has a low glycemic effect
   D. It has a high nutritional value

27. Good sources of protein include all of the following EXCEPT:
   A. Water packed tuna
   B. Broccoli
   C. Low fat cottage cheese
   D. Egg whites
28. Proper daily carbohydrate consumption for a bodybuilder is:
   A. 1.5 – 2 grams per pound of body weight
   B. 1.5 – 2 grams per kg of body weight
   C. 1.0 – 1.5 grams per pound of body weight
   D. 1.0 – 1.5 grams per kg of body weight

29. The type of carbohydrate that is best for energy release over longer periods of time is:
   A. Soy
   B. Potatoes
   C. Egg yolks
   D. Peanut Butter

30. The better carbohydrate to eat after exercise is:
   A. Soy
   B. Orange juice
   C. Rice
   D. Banana

31. The recommended amount of fiber one should eat is:
   A. 25 grams per day
   B. 20% of your total calories
   C. 10% of your total calories
   D. 25 grams per meal

32. All of the following are functions of fat EXCEPT:
   A. Insulation and protection
   B. The creation of body cells
   C. Helps to make steroids naturally
   D. Transport Vitamin A, D, E, and K

33. Vegetables should be:
   A. Include in at least 2 meals per day
   B. Fully cooked in water
   C. Served at each meal per day
   D. Minimally because of the high fructose content

34. Sports drinks during workouts are:
   A. Beneficial to bodybuilder in order to replenish electrolytes
   B. Excellent for increasing the anabolic window
   C. Not the best choice for workouts under an hour
   D. Helpful in restoring muscle
35. In order to best utilize the anabolic window, the bodybuilder should:
   A. Eat a good solid meal high in protein and carbohydrates within 15-30 minutes of completing your workout
   B. Drink a sports drink within 15-30 minutes of completing your workout
   C. Eat simple carbohydrates within 15-30 minutes of completing your workout
   D. Drink a whey concoction within 15-30 minutes of completing your workout

36. The best nutrient that may help against free radicals is:
   A. Protein
   B. Vit. B
   C. Calcium
   D. Vit. E

37. The vitamin that helps decrease the effects of DOMS (Delayed Onset Muscle Soreness) is:
   A. E
   B. C
   C. A
   D. B

38. Which herb/spice has been shown to be a helpful antifungal agent?
   A. Cinnamon
   B. Cayenne pepper
   C. Ginger
   D. Garlic

39. Cheating on your eating plan is:
   A. Forbidden for the first 4 weeks
   B. Allowed for 1 meal per week
   C. Allowed 1 day per week
   D. Never a good thing to do

40. The body type that tends to have a tough time gaining muscle mass is the:
   A. Ectomorph
   B. Endomorph
   C. Mesomorph
   D. Perimorph

41. All of the following are the basic principles of FCT EXCEPT:
   A. Work one muscle at a time
   B. Perform one joint exercises
   C. Perform one limb exercises at a time
   D. Perform each exercise through full ROM
42. Which exercise is not a compound exercise?
   A. Squats
   B. Shoulder raise
   C. Bench press
   D. Shoulder press

43. Primer exercises are also known as:
   A. Isolation movements
   B. Compound movements
   C. Mind-muscle feedback
   D. Focused Contraction Training

44. In order to shape the deltoids, one needs to:
   A. Avoid primer exercises
   B. Perform a single movement exercise
   C. Focus work on the agonist muscle
   D. Work the muscle in multiple planes of motion

45. All of the following are benefits of using machines over free weights EXCEPT:
   A. The friction between moving parts offers more resistance thus increasing strength
   B. Machines can target areas that free weights cannot
   C. Machines offer a wide choice of exercise variations
   D. Machines offer more convenience than free weights

46. An isolation exercise for the wrists is:
   A. Hammer curls with a dumbbell
   B. Reverse grip barbell curls
   C. Reverse wrist curls
   D. Hammer curls with a barbell

47. In order to best work the ankle muscle (soleus), one should perform:
   A. Donkey calf raises
   B. Squats
   C. Seated heel raises
   D. Standing heel raises

48. Which of the following is not a part of the anabolic state’s 12 steps?
   A. Work your body type
   B. Increase cardio exercise
   C. Count on calories
   D. Consume complex carbohydrates

49. Reducing carbohydrate intake below 30% might:
   A. Reduce your energy levels
   B. Increase muscle mass
   C. Increase muscle size
   D. Increase energy levels
50. The best way to increase testosterone is to:
   A. Maintain a body fat of 14-19%
   B. get 6 hours of sleep
   C. Include 0.8 g of protein per kg body weight in your diet
   D. Perform short intense bouts of exercise

51. Growth hormone has what affect on the body?
   A. It assists with fat loss
   B. It helps maintain a nitrogen balance in the body
   C. It promotes protein synthesis
   D. It raises blood sugar

52. If glucose is not used for energy, it is:
   A. Stored as glycogen
   B. Used for improvement of amino acid uptake
   C. Used to create growth hormone
   D. Used for protein synthesis

53. The basics of the Mass Generator Program include all of the following EXCEPT:
   A. Use a 3-day split program
   B. Work at 80-90% of 1 RM
   C. Use 6-10 repetitions
   D. Eat a surplus of calories

54. How many days will one workout during the Mass Generator Program?
   A. 3 days per week
   B. 4 days per week
   C. 5 days per week
   D. 6 days per week

55. Your 180 lb. bodybuilder is on the Mass Generator Program. How many calories should he eat per day on this program?
   A. 2200
   B. 2178
   C. 1980
   D. 2160

56. After 6 weeks on the Mass Generator Program you can expect to see:
   A. An inch increase in your bicep
   B. An increase in muscle mass by 6-10 pounds
   C. An increase of strength by 6 %
   D. An inch increase in your chest
57. All the exercises below can be performed on the same day EXCEPT:
   A. Barbell curls
   B. Closed grip bench press
   C. Decline sit-ups
   D. Dumbbell chest flys

58. The proper way to perform dumbbell chest flyes includes all of the following EXCEPT:
   A. Turn the palms toward each other for the starting position
   B. Lower the weight until the dumbbells reach bench level
   C. Bend the elbows slightly as you lower the weight
   D. Do not touch the dumbbells at the top of the repetition

59. In order to perform the incline bench press correctly, you should:
   A. Lift the weight up and down so it is perpendicular to your body
   B. Lower the bar to just above the nipple line
   C. Exhale as you lower the weight
   D. Use an underhand grip on the bar

60. Performing the dumbbell lateral raise correctly includes all of the following EXCEPT:
   A. Elbows should be level with the shoulders
   B. Leaning forward slightly is appropriate
   C. Hold the dumbbells even with the hips for the starting position
   D. The exercise can be done seated

61. To work the triceps, one should:
   A. Use a narrow grip while performing the shoulder press
   B. Use a wide grip while performing the bench press
   C. Use an overhand narrow grip while performing the bench press
   D. Use dumbbells while performing the shoulder press

62. Leaning back beyond parallel to the floor on the decline sit ups will:
   A. Utilize the lower rectus abdominus
   B. Stabilize the transverse abdominus
   C. Increase tension on the middle and upper abdominals
   D. Place stress on the lower back

63. Which of the following statements is FALSE concerning the barbell squat?
   A. Toes should be slightly pointed outward
   B. The body should be lowered so the thighs are parallel to the floor
   C. The primary movers are the quads and the hamstrings
   D. Leaning too far forward will place undue stress on the back

64. Proper execution of the barbell row includes all of the following EXCEPT:
   A. Bend at the hips to a 45 degree angle while performing the exercise
   B. Lift the weight to your upper abdomen
   C. Maintain a shoulder width grip
   D. Keep the back flat

© 2009, 2010 by Exercise ETC Inc. All rights reserved.
65. Which area of the body generally gains and loses fat quickly?
   A. Arms
   B. Buttocks
   C. Thighs
   D. Abdomen

66. David weighs 220 lbs and would like to lose 12 lbs. in 15 weeks. How much of a daily deficit must he have in order to accomplish this?
   A. 600 cals per day
   B. 400 cals per day
   C. 200 cals per day
   D. 800 cals per day

67. David is 28 years old and wants to exercise jog at 80% of his max heart rate. What should his exercise target heart rate be?
   A. 154 bpm
   B. 135 bpm
   C. 162 bpm
   D. 168 bpm

68. How long would David in question # 52 need to jog (at 6 mph) to burn 400 cals per day?
   A. 35 minutes
   B. 25 minutes
   C. 45 minutes
   D. 55 minutes

69. The best time of the day to do cardio in order to burn more fat is:
   A. First thing in the morning on an empty stomach
   B. First thing in the morning after breakfast
   C. In the evening on an empty stomach
   D. In the evening after a light meal

70. In order to burn stored energy, it is best to:
   A. Perform weight training before cardio
   B. Perform cardio before weight training
   C. Wait an hour to eat after doing cardio exercise
   D. Eat immediately after doing cardio exercise

71. All of the following will help in creating a “lean” training program EXCEPT:
   A. Drink about a gallon of water a day
   B. Maintain carbohydrates at 50% or above of total caloric intake
   C. Keep fat grams at a minimum
   D. Eat six small meals per day
The Body Fat Blitz Program:
A. Uses 10-15 reps per exercise
B. Includes rest intervals of 60-90 seconds
C. Creates a positive caloric balance
D. Requires 4-5 days of cardio exercise

The workout plan for the Body Fat Blitz program includes all of the following EXCEPT:
A. Lighter weights
B. Training to fatigue
C. Higher reps
D. Short rest intervals

To perform the strength training component of the Body Fat Blitz, you will:
A. Use a 3-way split program
B. Perform single limb exercises on all exercises
C. Perform single limb exercises on certain exercises
D. Exclude cardio for the first 2 weeks

Unilateral exercises will:
A. Increase the risk of injury
B. Shorten your workout time
C. Burn more calories because you are utilizing more muscle fibers
D. Burn more calories because you will not need as much rest

The Body Fat Blitz program requires calories to be
A. 10% less than your DCR
B. 10% more than your DCR
C. The same as your DCR
D. 40% protein, 50% carbs, 10% fat

To properly progress in the Body Fat Blitz program, you should:
A. Increase your cardio by 5% each week
B. Increase your target heart rate by 5% each week
C. Increase the weights on each exercise for 5% each week
D. Increase your time on cardio by 5% each week

Changes one should see if the Body Fat Blitz program is properly followed include:
A. A loss of 4 lbs of body fat
B. A loss of 4% of body fat
C. An increase of 6 lbs of muscle
D. A loss of about 2 lbs of fat per week

To properly execute the Body Fat Blitz program:
A. Quads and hamstrings are done on the same day as abs
B. The cycle is 3 days per week
C. Cardio and Abs are done on opposite days
D. Cardio is done on Tuesdays and Fridays
80. To perform the cable crossover, all of the following are correct EXCEPT:
   A. Do not allow your hands to go above shoulder level
   B. Keep the palms turned downward
   C. Keep the torso erect
   D. Perform this exercise on Mondays

81. To properly perform the incline dumbbell press, one should:
   A. Start with the palms facing each other
   B. Set the incline of the bench at a steep angle
   C. Use either dumbbells or an incline machine
   D. Maintain a parallel path with the dumbbells as you lift

82. The seated dumbbell press:
   A. Is an exercise that can be performed unilaterally
   B. Should not be performed unilaterally because it can increase your risk of shoulder injuries
   C. Is best performed by bringing your hands to shoulder level
   D. Is best performed with a slight lean backwards to incorporate the posterior deltoid fibers

83. To perform the dumbbell shoulder press correctly, one should:
   A. Work in two planes of motion for more stability
   B. Move the weights perpendicular to the floor
   C. Adjust the bench so that it is erect for better form
   D. Rotate the hands to neutral position at the top of the rep

84. Wide grip pulldowns:
   A. Can be replaced with the dumbbell shoulder press
   B. Should not be performed with a reverse grip due to the risk of injury to the neck
   C. Can be safely performed by bringing the bar behind the head
   D. Are best performed by lowering the bar to clavicle level

85. The seated cable row should be performed by:
   A. Focusing tension on the upper portions of the back
   B. Leaning back 20 degrees while lifting the weight
   C. Keeping the spine erect
   D. Pulling the handlebar towards your chest to focus on the middle back

86. The dumbbell curls:
   A. Should be performed with the weight at chin level
   B. Should be performed on Thursdays
   C. Should be performed one arm at a time
   D. Can be performed on an incline bench

87. The starting position for the triceps pushdown is:
   A. Chest level
   B. Nipple level
   C. Thigh level
   D. Abdomen level
88. The Tuesday workout in the Body Fat Blitz program:
   A. Includes 20 minutes of cardio
   B. Includes decline sit ups
   C. Includes work on the oblique muscles
   D. Includes floor crunches

89. In order to work the lower abdominals while performing the vertical leg raises, you should:
   A. Pull the thighs towards the chest
   B. Swing the legs
   C. Keep the knees straight to increase the lever and torque
   D. Hang upside down from the chin up bar and lift the torso

90. Which statement is FALSE concerning the unilateral leg extension exercise?
   A. Only perform this exercise unilaterally
   B. Position the ankle pad so it is just above the ankle
   C. Lower the weight to a 90 degree bend
   D. Adjust the seat so the whole thigh is supported

91. Which statement is TRUE?
   A. Machine squats and hamstring curls both work the same muscles
   B. The hamstring curls must always be performed unilaterally
   C. Going beyond parallel on the squat rack will work the deeper quadriceps muscles
   D. Quadriceps and hamstrings are worked on the same day

92. In order to best work the calves, one should:
   A. Keep the knees bent
   B. Keep the knees straight
   C. Lower your heels to the floor
   D. Make sure your training partner sits on your back over your center of gravity

93. The dumbbell pullover exercise:
   A. Does work the abdominal muscle group
   B. Does not work the abdominal muscle group
   C. Is improperly performed unless your arms go over the head as far as possible
   D. Focuses on the transverse abdominus

94. The proper way to increase resistance is to:
   A. Increase the weight by 5% once you can do 6 reps on the exercise
   B. Add more weight every week
   C. Increase the weight by 5% and start with 6 reps on the new weight
   D. Increase rest intervals

95. In order to pre-fatigue a muscle, you should:
   A. Perform compound exercises before isolation exercises
   B. Perform isolation exercises before compound exercises
   C. Increase rest intervals
   D. Perform cardio exercises first
96. Which statement is FALSE concerning super sets?
   A. Performing squats, then performing hamstring curls is proper execution of a super set
   B. With supersets, the total time the muscle is worked is intensified
   C. There is no rest interval in between sets when performing super sets
   D. Combining more than two exercises in a super set becomes a giant set

97. To properly perform a drop set, one should:
   A. Reach muscular fatigue before decreasing the weight
   B. Decrease the weight by 50% and continue with the exercise
   C. Rest for 60 seconds in between the sets
   D. It is not safe to perform drop sets on weight machines

98. Power-paused repetitions:
   A. Can only be performed during the eccentric phase of the exercise
   B. Can only be performed during the concentric phase of the exercise
   C. Occurs when the tempo is alternated with a slow vs. fast pace
   D. Utilizes momentum in order to lift the weight

99. When holding the weight as long as you can in the same position, you are using a _____ contraction.
   A. Isokinetic
   B. Isotonic
   C. Concentric
   D. Isometric

100. Forced reps are:
    A. When your partner helps you with the negative phase
    B. When your partner helps you perform a complete repetition
    C. When you are only able to perform a partial repetition
    D. When you hold the weight at the top of the repetition and then lower the weight

101. To perform hyperintensity exercises on the biceps, one should:
    A. Have your training partner push you past the isometric phase
    B. Perform two sets
    C. Use your free hand to assist you in lifting the weight after failure
    D. Set your weight for a 4rep max

102. Which of the following is considered the most demanding technique for increasing intensity?
    A. Super sets
    B. Static contraction after failure
    C. Forced reps
    D. Giant sets

103. All of the following are good safety techniques EXCEPT:
    A. Going beyond failure on barbells
    B. Use a drop set before forced reps
    C. Use a drop set before negative reps
    D. Learn the warning signs of excessive strain
104. The length of time to rest and repair muscle after a hyperintensity workout is:
   A. 5-7 days
   B. 48 hours
   C. 72 hours
   D. 7 days

105. Which statement is TRUE about steroid use?
   A. The majority of users are teens
   B. 2 of 3 users are recreational athletes
   C. 10 percent of users are high school athletes
   D. Most users are competitive body builders

106. Negative effects of anabolic steroid use include all of the following EXCEPT:
   A. Raised cholesterol
   B. Increased sex drive
   C. Stretch marks
   D. Hormone suppression

107. The development of excess breast tissue in males due to anabolic steroids is called:
   A. Dihydrotestosterone
   B. Nolvadexia
   C. Gynecomastia
   D. Clomid

108. The tablet form of anabolic steroids is:
   A. Safer to use than injecting
   B. More harmful to the liver than injecting
   C. Creates the risk of infection
   D. Increase the risk of nerve injury

109. Injecting anabolic steroids can:
   A. Create more scar tissue which replaces normal muscle tissue
   B. Be more harmful to the liver than tablets
   C. Reduces the risk of a hematomas
   D. Reduces the risk of an embolism

110. All of the following are common reasons to use nutritional supplements EXCEPT:
   A. Improve workout performance
   B. Prevent joint pain
   C. Boost hormone secretions
   D. Helps to boost catabolism

111. Meal replacements:
   A. Are a great way to increase performance
   B. Provide nutrients, but not enough to count as a full meal
   C. Should only be used sparingly
   D. Will enhance recovery
112. Which statement is TRUE about Creatine?
   A. It helps to maintain the body’s fluid balance
   B. It can create a negative effect on the kidneys and liver
   C. It is not legal in many states
   D. The loading dose should only be used for the first 2 days

113. All of the following are alternative terms for fat burners EXCEPT:
   A. Thermogenic supplements
   B. Hypermetabolic agents
   C. Lipotropic agents
   D. ECA stacks

114. Which ingredient in fat burners also suppresses the appetite?
   A. Ephedrine
   B. Guarana
   C. Caffeine
   D. Willow bark

115. Possible side effects of fat burners include all of the following EXCEPT:
   A. Dizziness
   B. Irregular heart rate
   C. Hypertension
   D. Increased urination

116. The supplement that helps keep joints healthy is called:
   A. Pro-hormones
   B. DHEA
   C. Glucosamine
   D. Salicin

117. Good consumer guidelines for picking your supplements include all of the following EXCEPT:
   A. Buy from smaller companies since they are less likely to sell an unsafe product
   B. Be cautious when purchasing products via mail order
   C. Be wary of research on products that are not done on humans
   D. Be wary of “overnight” success products

118. Which statement is correct about the various training programs?
   A. The hybrid program is a good base program before beginning the Mass Generator program
   B. When performing the hybrid program, the weight is increased on the 3rd set
   C. Avoid machine based exercises in the hybrid program since these will not fatigue the muscles as well.
   D. The hybrid program focus on high intensity

119. The 4-way split training program:
   A. Works quads on session 3
   B. Works pulling exercise in session 1
   C. Works leg muscles in session 2
D. Works pulling muscles in session 4

120. According to the hybrid program, a 190 lb individual should consume how many grams of carbohydrates?
   A. 195 grams
   B. 190 grams
   C. 180 grams
   D. 760 grams

121. In order to correctly perform the Hybrid Hard Body Exercise Program, you should:
   A. Cycle on Wednesday and Friday
   B. Work chest and shoulders on the same day
   C. Work shoulders and abs on the same day
   D. Work trapezius and triceps the same day

122. In order to properly execute the machine chest fly, one should:
   A. Allow your hands to slightly pass the torso when lowering the weight
   B. Keep the elbows at shoulder level
   C. Use only the hand grip and not the pads in order to more effectively work the upper pectorals
   D. Substitute incline flyes in order to work the upper pectorals

123. In order to perform the decline press correctly, one should:
   A. Push the weights up so they are perpendicular to the body
   B. Keep the palms turned forward
   C. Adjust the bench to a decline of about 15 degrees
   D. Hold the dumbbells over your shoulders for maximum effort

124. All of the following are correct procedures to the triceps dip EXCEPT:
   A. Bend the elbows just beyond parallel to the floor in order to work the deeper head of the triceps
   B. Keep the palms turned inward
   C. Keep one foot crossed over the other
   D. Fully extend the elbows in the up phase of the exercise

125. To properly perform the one-arm triceps pushdown, you must:
   A. Start with the palm facing downward
   B. End with the palm facing downward
   C. Attach the pulley low to the floor
   D. Grab the handle in an overhand grip

126. Rope crunches:
   A. Work the transverse abdominus
   B. Work the rectus abdominus
   C. Work the internal obliques
   D. Work the external obliques

© 2009, 2010 by Exercise ETC Inc. All rights reserved.
127. All of the following are correct form for the dumbbell row EXCEPT:
   A. Support your body with the arm nearest the bench
   B. Substitute the dumbbell row with the low pulley cable if desired
   C. Keep the dumbbell parallel to the bench
   D. Look straight down at the bench in order to keep your back flat

128. In order to make the lumbar extensions less strenuous, you should:
   A. Use a weight plate across your chest
   B. Extend the arms above your head
   C. Use an incline extension bench
   D. Hyperextend the back

129. Performing bicep exercises on the preacher curl are best because:
   A. It isolates the bicep by stabilizing the shoulder
   B. It uses the biceps in a compound type exercise
   C. It helps to stabilize the wrist to decrease injury to the forearm muscles
   D. It allows you to perform the exercise one arm at a time

130. Which statement is TRUE concerning wrist curls?
   A. Reverse curls work the wrist flexors
   B. Barbell wrist curls only work the wrist extensors
   C. The best position is with the forearm at a 45 degree angle to the floor
   D. Use the underhand grip on the reverse curls

131. Which statement is FALSE concerning proper execution of the leg extension?
   A. If the knee is bent beyond 90 degrees, you work the deeper quad fibers better
   B. The hips should remain on the seat
   C. The leg extension is done the day after jogging
   D. The weights should not touch on the lowering phase

132. The difference between leg presses and hack squats is:
   A. The leg press works the hamstrings more
   B. The leg press allows you to bend your knees beyond 90 degrees more safely
   C. On the hack squat, the incline is about 60 degrees where the leg press can be at 45 Degrees
   D. The hack squat isolates the quads whereas the leg press does not

133. To properly perform the straight-leg deadlift, you should:
   A. Round the back slightly if your hamstrings are tight
   B. Avoid the exercise if your hamstrings are tight
   C. Bend forward at the waist if your hamstrings are tight
   D. Allow your knees to bend slightly if hamstrings are tight

134. The seated calf raise:
   A. Is for the muscle that crosses the knee and the ankle joint
   B. Is best performed when the heels are lowered to the floor
   C. Requires that the knees be slightly wider than hip width
   D. Is for the muscle that crosses the ankle joint
135. When performing external shoulder rotation exercises:
   A. The handle is in the hand closest to the weight stack
   B. The Infraspinatus is worked
   C. The teres major is worked
   D. All the rotator cuff muscles are worked

136. Which muscle is worked when performing internal rotation exercises?
   A. Supraspinatus
   B. Infraspinatus
   C. Teres minor
   D. Subscapularis

137. Which muscle IS worked while performing cable lateral raises?
   A. Supraspinatus
   B. Infraspinatus
   C. Teres minor
   D. Subscapularis

138. To properly perform rear deltoid flyes, on should:
   A. Adjust the seat so the arms are parallel to the floor
   B. Adjust the seat so the arms are just above parallel to the floor
   C. Adjust the seat so the arms are slightly below parallel to the floor
   D. Pull your hands back while bending the elbows

139. Front deltoid raises work which muscle?
   A. The entire deltoid group
   B. The posterior deltoid only
   C. The middle deltoid only
   D. The anterior deltoid only

140. An excellent alternative to the abdominal machine would be:
   A. Incline sit ups to work the lower abdominal fibers
   B. Decline sit ups to work the upper abdominal fibers
   C. Cable side crunches
   D. Bench leg raises

141. Common causes of injury include all of the following EXCEPT:
   A. Poor form
   B. Inexperience
   C. Over recovered muscles
   D. Over training
142. Most weight training injuries occur where?
   A. At the gym
   B. At home
   C. In the shoulder
   D. On machines

143. All of the following are appropriate injury prevention techniques EXCEPT:
   A. Rest one day per week
   B. Keep workouts under an hour
   C. Increase weight no more than 10% at a time
   D. Warm up for 5 minutes

144. All of the following are potential risks for injury EXCEPT:
   A. Training at a different gym
   B. Allowing extra time to warm up on cold days
   C. Trying a new exercise
   D. Working out while sick

145. When remembering the PRICED acronym, the “C” stands for:
   A. Compression
   B. Circulation
   C. Caution
   D. Cross train

146. If you feel you are overtraining, a solution might be to:
   A. Prioritize exercises
   B. Use periodization
   C. Add variety to your workout
   D. Change the order of your workout

147. Signs and symptoms of overtraining include all of the following EXCEPT:
   A. Feeling tired after a nights sleep
   B. Tender, weak muscles
   C. Loss of strength
   D. Falling asleep all the time

148. When exercise is discontinued for whatever reason, how long will it take to begin seeing a decrease in muscle size and strength?
   A. 1 month
   B. 2 days
   C. 2 weeks
   D. 4 weeks

149. Which of the following is not one of the ABC’s of self motivation?
   A. Action
   B. Belief
   C. Development
   D. Evolution
150. When setting goals for yourself, you should:
   A. Document subjective goals
   B. Document objective goals
   C. Use the mirror to track your progress
   D. Use only long term goals