

# **Men's Body Sculpting**

**CORRESPONDENCE EDUCATION PROGRAM # 2013-100**

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## **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. Krebs'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 cal per day
  - B. 2200 cal per day
  - C. 2640 cal per day
  - D. 2400 cal 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 flys 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 should 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

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 cal per day
  - B. 400 cal per day
  - C. 200 cal per day
  - D. 800 cal 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 cal 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

72. 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
73. 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
74. 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
75. 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
76. 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
77. 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
78. 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
79. 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?
- Performing squats, then performing hamstring curls is proper execution of a super set
  - With supersets, the total time the muscle is worked is intensified
  - There is no rest interval in between sets when performing super sets
  - Combining more than two exercises in a super set becomes a giant set
97. To properly perform a drop set, one should:
- Reach muscular fatigue before decreasing the weight
  - Decrease the weight by 50% and continue with the exercise
  - Rest for 60 seconds in between the sets
  - It is not safe to perform drop sets on weight machines
98. Power-paused repetitions:
- Can only be performed during the eccentric phase of the exercise
  - Can only be performed during the concentric phase of the exercise
  - Occurs when the tempo is alternated with a slow vs. fast pace
  - 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.
- Isokinetic
  - Isotonic
  - Concentric
  - Isometric
100. Forced reps are:
- When your partner helps you with the negative phase
  - When your partner helps you perform a complete repetition
  - When you are only able to perform a partial repetition
  - 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:
- Have your training partner push you past the isometric phase
  - Perform two sets
  - Use your free hand to assist you in lifting the weight after failure
  - Set your weight for a 4rep max
102. Which of the following is considered the most demanding technique for increasing intensity?
- Super sets
  - Static contraction after failure
  - Forced reps
  - Giant sets
103. All of the following are good safety techniques EXCEPT:
- Going beyond failure on barbells
  - Use a drop set before forced reps
  - Use a drop set before negative reps
  - 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 3<sup>rd</sup> 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 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

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, one 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