

Powerlifting

CORRESPONDENCE EDUCATION PROGRAM #147.

Check your receipt for course expiration date.

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



Powerlifting

Course Objectives

After completing the *Powerlifting* course, the participant will:

1. Learn the main principles that govern powerlifting including progressive overload and specific adaptations to impose demands (SAID).
2. Learn the role of the Valsalva maneuver in maximal lifts.
3. Understand the role of nutrition and proper fueling as it relates to powerlifting training and competitions.
4. Review a variety of dynamic warm-up exercises using a variety of modalities.
5. Identify technique and mechanics to properly perform a squat.
6. Discover a variety of auxiliary exercises that aide in building strength for the squat.
7. Understand the rules governing execution for the squat in a powerlifting competition.
8. Understand the rules governing the use of equipment a powerlifter may wear during competition.

9. Understand the rules governing execution of the bench press in a powerlifting competition.
10. Discover a variety of auxiliary exercises that can aid in building a power lifter's total bench press weight.
11. Distinguish between the different styles of dead lift techniques.
12. Discover a variety of auxiliary exercises to increase grip strength and overcome weak points in the lifter's deadlift performance.
13. Understand the rules that govern the competition deadlift.
14. Differentiate between the different types of periodization programs.
15. Identify the three performance enhancing strategies defined by the conjugate method.
16. Understand the use of foundational programming to perfect form and technique while meeting the goals of the individual lifter.
17. Learn appropriate uses of advanced training techniques.
18. Identify a variety of mental training techniques to assist the power lifter in preparation for competition.
19. Identify the different types of goal setting for power lifters.
20. Understand how to plan for competition day.



Powerlifting

Course Examination

For each question, circle the best answer.

1. **Which of following regarding cytoplasmic hypertrophy is true?**
 - a. It is best developed by lifting heavy weights paired with low reps.
 - b. The myofibrils increase in size proportionate with the amount of weight the muscle lifts.
 - c. This type of hypertrophy is said to increase the distance between sarcomeres.
 - d. This type of hypertrophy is said to increase the size of the myofibril.

2. **The _____ principle states that a muscle will adapt to the stimulus or stress placed upon it.**
 - a. Overload
 - b. Specific adaptations to imposed demands
 - c. Proper overload
 - d. Sport adaptations to improving dexterity

3. **In order to see gains in size and/or strength, one must increase the gradually the stimulus through a preplanned period. This principle is:**
 - a. SAID Principle.
 - b. Progressive overload.
 - c. Progressive power.
 - d. Activity adaptation.

- 4. A technique used by lifters to draw air in and 'hold' the air in without exhaling through the lift is:**
- a. Eccentric exhalation.
 - b. Concentric inhalation.
 - c. Valsalva maneuver.
 - d. Respiratory pressurization.
- 5. Protein contains _____ calories per gram.**
- a. 4
 - b. 9
 - c. 7
 - d. 8
- 6. Of the twenty-four amino acids for muscle, how many are essential?**
- a. 4
 - b. 9
 - c. 7
 - d. 8
- 7. One four-ounce chicken breast contains approximately:**
- a. 15 grams of protein.
 - b. 18 grams of protein.
 - c. 24 grams of protein.
 - d. 30 grams of protein.

8. Carbohydrates contain _____ calories per gram.
- a. 4
 - b. 9
 - c. 7
 - d. 8
9. Simple carbohydrates like juice, candy and/or sodas are _____.
- a. High on the glycemic index
 - b. Low on the glycemic index
 - c. Great sources of extended energy
 - d. Complex carbohydrates
10. A food that breaks down slowly and takes longer to release energy into the bloodstream would:
- a. Have a high glycemic index value.
 - b. Explain the 'crash' people often feel when eating simple carbohydrates.
 - c. Have a lower glycemic index value.
 - d. Not be a good source of carbohydrates for extended energy.
11. Which of the following has the lowest glycemic index rating?
- a. Whole-grain bread
 - b. Brown rice
 - c. Sweet potato
 - d. Oatmeal

- 12. Fat contains _____ calories per gram.**
- a. 4
 - b. 9
 - c. 7
 - d. 8
- 13. Fat is an essential component of diet because it helps the body absorb the fat-soluble vitamins. Which of the following is NOT a fat soluble vitamin:**
- a. C
 - b. D
 - c. E
 - d. K
- 14. An example of an unsaturated fat would be:**
- a. Red meat.
 - b. Chocolate.
 - c. Almonds.
 - d. Potato chips.
- 15. Which of the following is an effect of dehydration:**
- a. Decrease heart rate.
 - b. Increase strength output.
 - c. Increase risk of muscle cramps.
 - d. Increase cognitive awareness.

- 16. Which of the following is NOT true of creatine supplementation:**
- a. Increase creatine stores in the body for use during lifting and while utilizing the ATP-PC energy system.
 - b. Increase muscle size by pulling more water into the cell.
 - c. Creatine is considered a 'cell volumizer.'
 - d. Creatine cannot be found in food.
- 17. Which of the following is true of calcium:**
- a. Calcium is a macronutrient.
 - b. Calcium is required for muscles to contract.
 - c. Calcium is only found in dairy products.
 - d. Calcium is responsible for osmotic balance in the body.
- 18. Which of the following is NOT a result of a dynamic warm-up?**
- a. Increased core body temperature.
 - b. Increased elasticity of the ligaments and tendons.
 - c. Decreased respirations.
 - d. Scar tissue builds up.
- 19. Which of following happens during a dynamic warm up?**
- a. The capillaries begin to fill bringing additional blood and oxygen to working muscles.
 - b. Carbon dioxide rates rise in the body.
 - c. Muscles begin to contract and shorten in preparation for resistance training.
 - d. Increase risk of injury.

- 20. Which of the following is NOT an example of a dynamic warm-up?**
- a. Standing toe touch
 - b. Arm circles
 - c. Push-ups
 - d. Leg swings
- 21. When utilizing an upright row to prepare for power training, the correct hand position is:**
- a. 4-6 inches apart.
 - b. 18-24 inches apart.
 - c. 12-18 inches apart.
 - d. Hands touching.
- 22. While performing upper body and lower body power training preparations, Mann and Austin recommend _____ repetitions for set one.**
- a. 10
 - b. 5
 - c. 4
 - d. 3
- 23. While performing upper body and lower body power training preparations, Mann and Austin recommend _____ repetitions for set two.**
- a. 10
 - b. 5
 - c. 4
 - d. 3

- 24. While performing upper body and lower body power training preparations, Mann and Austin recommend _____ repetitions for set three.**
- a. 10
 - b. 5
 - c. 4
 - d. 3
- 25. For a dumbbell step up exercise, the recommended step height is:**
- a. 10-12 inches.
 - b. 12-18 inches.
 - c. 18-24 inches.
 - d. 24-32 inches.
- 26. While performing a dumbbell bent-over fly, the dumbbells should be lifted laterally until they are:**
- a. Parallel to the shoulders.
 - b. Slightly below parallel to the shoulders.
 - c. Slightly above parallel to the shoulders.
 - d. As high as possible.
- 27. Which of the following lower body kettlebell exercises should be performed with your feet wider than shoulder width apart:**
- a. Kettlebell RDL.
 - b. Kettlebell swing walk.
 - c. Kettlebell clean and squat.
 - d. Kettlebell squat.

- 28. According to Austin and Mann, static stretching:**
- a. Is best pre-workout to prepare muscles for movement.
 - b. Has no place in powerlifting.
 - c. Is best post-workout to combat soreness.
 - d. Should be performed in between sets.
- 29. When preparing for a squat, which stance is appropriate for a person with long legs and a medium back length?**
- a. Wide
 - b. Narrow
 - c. Narrow/medium
 - d. Medium.
- 30. When setting up proper mechanics for a squat, the body should be:**
- a. Entirely under the bar.
 - b. Shoulders under the bar, with a split stance so the hips are behind the bar.
 - c. Positioned slightly in front of the bar so the weight is pressing back into the bar.
 - d. Aligned so only the shoulders and feet are under the bar with hips slightly flexed.
- 31. When gripping the bar for a squat, a pronated grip is defined as:**
- a. An underhand grip.
 - b. An overhand grip.
 - c. One hand overhand and one hand underhand.
 - d. A neutral grip.

- 32. When squatting, optimal balance is achieved when the toes are at a:**
- a. 45-degree turnout.
 - b. Straight ahead.
 - c. 30-degree turnout.
 - d. 10 degree.
- 33. As you begin the descent portion of the squat:**
- a. The hips should shift forward.
 - b. The knees should flex first.
 - c. The hips should flex first.
 - d. The hips and knees should flex simultaneously.
- 34. At the bottom of a squat, the knees are:**
- a. Over the toes.
 - b. At or behind the balls of the feet.
 - c. In line with the toes.
 - d. Between the balls of the feet and the toes.
- 35. According to the USAPL (United States of America Powerlifting), which of the following is an appropriate lifting suit:**
- a. A suit with a hem that is 4 centimeters thick.
 - b. A full-length two-piece lifting suit.
 - c. A suit in which the leg length is 14 centimeters.
 - d. A suit with a leg length of 18 centimeters.

- 36. Which of the following is true of knee wraps?**
- a. Knee wraps can be in contact with your lifting suit.
 - b. Knee wraps can be in contact with your socks.
 - c. Knee wraps cannot exceed 3.14 inches in width.
 - d. Knee wraps can be 80 inches in length.
- 37. According to the USAPL (United States of America Powerlifting), which of the following is an appropriate powerlifting belt:**
- a. A belt with a width of 9 centimeters.
 - b. A belt with a thickness of 18 centimeters.
 - c. A belt with a total length of 20 centimeters.
 - d. A belt with extra padding.
- 38. A power lifter interested in strengthening his/her sticking point would perform which exercise?**
- a. Box Squat
 - b. Partial Squat
 - c. Good Morning
 - d. Front Squat
- 39. A high box squat targets which muscle group:**
- a. Hamstrings and quadriceps.
 - b. Quadriceps and abdominals.
 - c. Gluteus maximus and gastrocnemius.
 - d. Hamstrings and spinal erectors.

- 40. The “walkout”, a supplemental exercise to help build the squat, is designed to target which muscle group:**
- a. Quadriceps only.
 - b. Abdominals, quadriceps femoris, and gluteus maximus.
 - c. Hamstrings only.
 - d. Abdominals only.
- 41. The “zercher squat”, a supplemental exercise to help build the squat, is designed to target which muscle group:**
- a. Abdominals.
 - b. Hamstrings.
 - c. Quadriceps.
 - d. Erector spinae.
- 42. The “step up”, a supplemental exercise to help build the squat, is designed to strengthen the:**
- a. Hips.
 - b. Spinal erectors.
 - c. Lower back.
 - d. Core.
- 43. In a straight line bench press, the handout will:**
- a. Be brought out slightly farther than normal.
 - b. Be lifted off the bar but not brought out.
 - c. Not be lifted of the rack.
 - d. Be shallow.

- 44. Which of the following describes proper technique for a straight-line bench press?**
- a. Feet flat on floor with the feet behind the knees.
 - b. Balls of the feet in contact with the floor and behind the knees with the back arched so the head and glutes are as close together as possible.
 - c. Feet flat on the floor, behind the knees, eyes directly under the bar.
 - d. Feet flat on the floor and under the knees with as much as the back and lats in contact with the bench as possible.
- 45. Which of the following describes proper technique for a j-curve technique bench press?**
- a. Feet flat on floor with the feet behind the knees.
 - b. Balls of the feet in contact with the floor and behind the knees with the back arched so the head and glutes are as close together as possible.
 - c. Feet flat on the floor, behind the knees, eyes directly under the bar.
 - d. Feet flat on the floor and under the knees with as much as the back and lats in contact with the bench as possible.
- 46. What are the two types of bench shirts?**
- a. Cotton and satin
 - b. Cotton and blend
 - c. Polyester and denim
 - d. Denim and pop

- 47. Under the International Powerlifting Federation, the _____ must remain in contact with the bench surface throughout the entire lift.**
- a. Head, shoulders, and buttocks
 - b. Head and shoulders
 - c. Shoulders and buttocks
 - d. Head and buttocks
- 48. According to the International Powerlifting Federation, the hand spacing cannot exceed _____.**
- a. 15 inches
 - b. 45.2 inches
 - c. 31.8 inches
 - d. 36.8 inches
- 49. The 3 commands used in a bench press powerlifting competition are:**
- a. Unrack, lower, press.
 - b. Start, lower, rack.
 - c. Go, lower, press.
 - d. Start, press, rack.
- 50. The _____ command signals for the lifter to begin the descent of barbell.**
- a. unrack
 - b. Start
 - c. Begin
 - d. Go

51. Before the _____ command is given, the barbell must remain motionless and show a visible pause.
- a. Start
 - b. Press
 - c. Push
 - d. Rack
52. Before the _____ command is given, the lifter must exhibit even extension of both arms.
- a. Finish
 - b. Done
 - c. Complete
 - d. Rack
53. The “floor press”, a supplemental exercise to help build the bench press, is designed to develop the:
- a. Upper body pressing strength.
 - b. Lockout strength.
 - c. Form of the lifter.
 - d. Eccentric strength of the lifter.
54. Which of the following is NOT designed to improve lockout strength of the bench press?
- a. Close grip bench press.
 - b. Close grip incline press.
 - c. Rack press.
 - d. Overhead pin press.

55. **Supplemental exercises targeting the mid-back muscles are important to increase the _____ needed to perform the bench press.**
- a. Explosiveness
 - b. Stability
 - c. Strength
 - d. Lockout capacity
56. **The recommend bar height for a first time lifter performing an inverted row is:**
- a. Two feet off the ground.
 - b. Three feet off the ground.
 - c. Four feet off the ground.
 - d. Five feet off the ground.
57. **While performing an inverted body row, the middle of the chest should remain in contact with the bar for at least _____ at the top of the movement.**
- a. 1 count
 - b. 2 counts
 - c. 3 counts
 - d. 4 counts
58. **A common mistake when performing the upright row is:**
- a. The elbows pointing up.
 - b. Performing repetitions seated.
 - c. Performing repetitions standing.
 - d. The elbows pointing back.

- 59. When performing the upright row exercise, the recommended hand position is:**
- a. Alternated grip with the thumbs 6-12 inches apart.
 - b. Overhand grip with the thumbs 6-12 inches apart.
 - c. Alternated grip with the thumbs 4-8 inches apart.
 - d. Overhand grip with the thumbs 4-8 inches apart.
- 60. The two styles used in competitive deadlifting are:**
- a. Conventional and sumo.
 - b. Traditional and sumo.
 - c. Conventional and wide.
 - d. Traditional and wide.
- 61. In the _____ grip used in the deadlift, the palms face toward the body while the knuckles face opposite the body.**
- a. Double overhand
 - b. Alternated
 - c. Hook
 - d. Double underhand
- 62. The _____ is generally considered to best for individuals with large hands.**
- a. Double overhand grip
 - b. Alternated grip
 - c. Hook grip
 - d. Double underhand grip

- 63. The _____ is the most common grip used in the deadlift.**
- a. Double overhand grip
 - b. Alternated grip
 - c. Hook grip
 - d. Double underhand grip
- 64. The _____ places the most stress on the biceps than any other grip.**
- a. Double overhand grip
 - b. Alternated grip
 - c. Hook grip
 - d. Double underhand grip
- 65. When preparing for a conventional deadlift, the lifter should be positioned:**
- a. With the balls of the feet under the bar.
 - b. With the feet wider than shoulder width apart.
 - c. With the hips parallel to the knees.
 - d. With the head in an upward gaze and arms slightly bent.
- 66. When preparing for a sumo deadlift, the lifter should be positioned:**
- a. With the toes facing forward and the shins touching the bar.
 - b. With the feet shoulder width apart.
 - c. With the feet wider than shoulder width apart and toes pointing out at about 30 degrees.
 - d. Utilizing a double underhand grip.

- 67. Which of the following is NOT a reason for disqualification from a competitive deadlift?**
- a. The bar resting on the thighs.
 - b. Knees completely locked out at the completion of the lift.
 - c. Keeping the shoulders slightly rounded forward during the completion of the lift.
 - d. Any downward movement of the bar before the lifter completes lockout.
- 68. When performing a deadlift, what should be the last to straighten?**
- a. Legs
 - b. Arms
 - c. Back
 - d. Hips
- 69. Which of the following supplemental exercises is NOT focused on strengthening the gluteus maximus, hamstring and spinal erectors?**
- a. Stiff-legged deadlift with bands
 - b. Stiff legged deadlift
 - c. Snatch grip dead lift
 - d. Good Morning
- 70. When performing the “Good Morning” exercise, which of the following is correct?**
- a. Maintain a tight trunk, weight in the heels, with the legs straight and the back flat through out the lift.
 - b. Keep a slight bend in the hips and knees, weight in the toes.
 - c. Keep the trunk tight with the weight placed in the heels.
 - d. Keep a slight bend in the knees with the weight evenly distributed between the balls of your feet and you heels.

71. The _____ is a great supplemental exercise designed to strengthen the stabilizers muscles to assist with the initial pull phase of the deadlift.
- Clean pull
 - Glute-ham raise
 - Rack pull
 - Baseball pull-ups
72. Which of the following is a common mistake when performing the seated low-cable row?
- Keeping a slight bend in the knees
 - Pulling the handles until the handles reach your rib cage.
 - Rounding the back
 - Keeping the arms close to the body, attempting to wrap the elbows around the body.
73. Which of the following muscles will assist a lifter in performing the lockout position of a deadlift?
- Trapezius
 - Latissimus dorsi
 - Teres minor
 - Anterior deltoid
74. A(n) _____ is set up so a lifter consistently varies the repetition maximum in each workout or often within a multi-week plan.
- Dynamic strength plan
 - Absolute strength plan
 - Conjugate periodization plan
 - Undulating periodization plan

- 75. A lifter utilizing a 4 repetition maximum (RM) plan would be focusing on:**
- a. Increasing strength.
 - b. Building muscle endurance.
 - c. Increasing muscle hypertrophy.
 - d. Increasing frequency of lifting.
- 76. A lifter utilizing a 15 repetition maximum (RM) plan would be focusing on:**
- a. Increasing grip strength.
 - b. Building muscle hypertrophy.
 - c. Increasing maximum muscle contraction.
 - d. Increasing the amount of creatine stored in the muscle.
- 77. The three traits trained in the conjugate periodization plan are:**
- a. Muscular endurance, muscular strength, and dynamic power.
 - b. Endurance, power, and strength.
 - c. Strength, endurance, and flexibility.
 - d. Absolute strength, dynamic strength, and hypertrophy.
- 78. Utilizing 90% of a 1 repetition max and changing the exercises every few weeks would help develop:**
- a. Dynamic power.
 - b. Dynamic strength.
 - c. Absolute strength.
 - d. Absolute hypertrophy.

- 79. According to Mann and Austin, the body works in _____.**
- a. 3-week cycles.
 - b. 2-week cycles.
 - c. 4-week cycles.
 - d. 1-week cycles.
- 80. In order to develop _____, the lifter would utilize _____.**
- a. Dynamic strength; maximal intensities.
 - b. Dynamic strength; submaximal intensities.
 - c. Absolute strength; submaximal intensities.
 - d. Absolute strength; maximal intensities.
- 81. While developing _____, appropriate intensities would utilize _____ of one rep max when using a squat suit or bench shirt.**
- a. Dynamic strength; 70-80%
 - b. Absolute strength; 70-80%
 - c. Dynamic strength; 30-60%
 - d. Absolute strength; 30-60%
- 82. In order to develop hypertrophy, it is recommended to:**
- a. Do repetitions to the point of fatigue.
 - b. Do maximal lifts every workout.
 - c. Do submaximal lifts with no more than 5 repetitions per set.
 - d. Exceed 25 repetitions with each set.

- 83. Mann and Austin recommend _____ to avoid overtraining.**
- a. Two-week rest period before competition.
 - b. Three-week rest period before competition.
 - c. Increase in training volume.
 - d. De-load in intensity and/or volume.
- 84. A main goal of foundational exercises is:**
- a. To increase flexibility in the lower back
 - b. To increase strength in the stabilizer muscles, tendons and ligaments.
 - c. Increase hip flexor strength.
 - d. Increase flexibility in the lower leg compartment.
- 85. Which of the following is NOT a foundational exercise designed to build the squat:**
- a. Counterbalance single leg squat.
 - b. Overhead squat.
 - c. Front squat.
 - d. Leg press.
- 86. Which of the following is NOT a foundational exercise designed to build the bench press:**
- a. Push-up.
 - b. Inverted row.
 - c. Dumbbell Bench.
 - d. Pull-up.

- 87. Which of the following is NOT a foundational exercise designed to build the deadlift:**
- a. Deadlift off plates.
 - b. Dimel deadlift.
 - c. Single leg deadlift.
 - d. Romanian deadlift.
- 88. A standard 5x5 program involves:**
- a. Performing an exercise with 5 repetitions for 5 sets. If completed, increasing the weight.
 - b. Performing the same weekly routine for 5 weeks continuous.
 - c. Performing 5 exercises to muscular failure.
 - d. Performing 5 exercises for 5 months.
- 89. Which of the following is NOT an autoregulating progressive resistance exercise routine:**
- a. 3 Repetition max.
 - b. 6 Repetition max.
 - c. 8 Repetition max.
 - d. 10 Repetition max.
- 90. According to Alexander Prilepin's table which is the best option for maximal strength gains?**
- a. 80% of 1RM, 5 reps for 5 sets.
 - b. 70% of 1RM, 6 reps for 3 sets.
 - c. 90% of 1RM, 4 reps for 3 sets.
 - d. 60% 1RM, 6 reps for 6 sets.

- 91. In-season training for an experienced lifter should last:**
- a. 5-10 weeks.
 - b. 12-16 weeks.
 - c. 16-20 weeks.
 - d. 20-24 weeks.
- 92. With advanced training, the muscles never fully adapt to a training program; therefore, it may be necessary to plan a de-load every:**
- a. 1-2 weeks.
 - b. 2-4 weeks.
 - c. 4-6 weeks.
 - d. 6-8 weeks.
- 93. Which of the following is NOT a desired outcome of using chains on Olympic bars in training for powerlifting competitions?**
- a. Chains add a variety of loading and unloading effect of chains as the lifter moves through the movement.
 - b. Chains can provide a constant change in resistance if they are suspended from the bar.
 - c. Chains accelerate the weight during the negative phase of the lift.
 - d. Chains allow a lifter to accelerate through out the entire movement.
- 94. Which of the following is true regarding the use of attaching bands to a bar during training?**
- a. Bands simply load and unload weight through the movement.
 - b. Bands accelerate the weight during the negative phase of the lift.
 - c. Bands are easier on the connective tissues of the body.
 - d. Beginner lifts can use bands day in and day out.

- 95. The circa-max training, or close to maximal, is a _____.**
- a. Phase of training.
 - b. Supplemental training exercise that can be switched in and out of a periodization program.
 - c. Program that lasts for 1 week.
 - d. De-load program.
- 96. A form of relaxation in which a person alternates contracting a muscle, maintaining the contraction and releasing the contraction is:**
- a. Guided relaxation.
 - b. Muscle imagery.
 - c. Physical relaxation.
 - d. Relaxation affirmations.
- 97. A product goal is:**
- a. An overall goal that includes a number of smaller goals.
 - b. A small goal that can be easily achieved.
 - c. Always related to a state of mind, not a number.
 - d. A short-term goal that can be achieved within 2-3 sessions.
- 98. Which of the following is NEVER allowed in the United States of America Powerlifting competitions?**
- a. Squat suit
 - b. Wrist straps
 - c. Lifting belt
 - d. Long socks

- 99. Generally, which lift is the last lift of a powerlifting competition:**
- a. Any lift the lifter chooses
 - b. Bench
 - c. Squat
 - d. Deadlift
- 100. Which of the following is NOT recommended by Mann and Austin as a way to address tight muscles and ward off cramping?**
- a. Static stretching
 - b. Active isolated stretching
 - c. Foam rolling
 - d. Dynamic stretching