

# ***Sculpting Her Body Perfect***

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## LEARNING OBJECTIVES

After reading *Sculpting Her Body Perfect*, the participant will be able to:

1. Understand an in-depth and educational review of safe and effective exercises for performance, body conditioning and definition
2. Identify the detailed exercise physiology, biomechanics and proper lifting techniques to increase shape and muscular strength in women.
3. Recognize how to prevent injuries and use the appropriate protocols for success.
4. Understand safe workouts during pregnancy, and special considerations of resistance training for females.
5. Identify numerous ways to increase muscular endurance, aerobic fat burning and definition for sport specific training.
6. Recognize corrective training techniques, flexibility and strength exercises for optimal results.
7. Know how to design resistance-training routines for body conditioning, toning and shaping.
8. Easily understand and identify all of the muscles functions during exercise.
9. Understand about the physiological differences for women regarding hormonal fluctuations, storing body fat and the role of small amounts of testosterone.
10. Learn how goals, mind muscle connection, isolation and compound movements can provide exceptional long term results.

11. Identify the best options, and consider the factors to ensure a safe training environment to benefit and help improve body image and self-confidence.
12. Recognize how to create a well-designed training program using multi and single joint exercises.
13. Understand the female physical and psychological developmental, exercise modalities and safety precautions for sculpting a perfect body.
14. Identify the differences and advantages of exercise duration, and the number of training days per week to ensure training success.
15. Recognize the best types of core, stretching, warm up and flexibility exercises needed for progression and to use for specific training programs.
16. Know how to design different training model for a body conditioning, toning, shaping, body sculpting and maintenance.
17. Recognize how variations such as resistance, repetitions, and sets vary accordingly based on the training program..
18. Understand the philosophy of aerobics, their myths, training protocols, their guidelines and when to perform them.
19. Understand the substantial differences between functional anatomy, muscle biomechanics and the many ways to safely apply resistance-training programs for women.
20. Know the differences and application of the low, moderate and high intensity cycles for the high energy fitness system of resistance training.
21. Recognize de-training, assessment forms and training strategies for optimal results.
22. Discover the prevailing misconceptions between muscle and fat and their roles in resistance training and performance.

23. Identify the importance of EPOC and its incredible advantages to sculpting and shaping your physique.
24. Discover how to build an essential foundation for life essential techniques and exercise combinations
25. Learn how to pace, vary, and effectively execute your performance and physique to another level for life.



*CEC/CEU Test for Sculpting Her Body Perfect*

**Remember to choose the BEST answer for each question.**

- 1. Based on goal sets, goals must \_\_\_\_\_?**
  - a. Be quantifiable**
  - b. Be attainable**
  - c. Have measurable parameters**
  - d. All of the above**
  
- 2. For a goal to be attainable it must be \_\_\_\_\_?**
  - a. 30 days**
  - b. 60 days**
  - c. Long term**
  - d. Realistic**
  
- 3. Reviewing goals allows consistency with your present \_\_\_\_\_?**
  - a. VO2 max**
  - b. 1RM**
  - c. Objectives**
  - d. Routine**
  
- 4. A mind muscle connection is the ability to visualize a muscle and feel it working through a \_\_\_\_\_ range of motion?**
  - a. Concentric**
  - b. Partial**
  - c. Eccentric**
  - d. Complete**

**5. Developing a mind muscle connection allows you to \_\_\_\_\_ your muscles more effectively?**

- a. Compound**
- b. Stress**
- c. Isolate**
- d. Quantify**

**6. Which is NOT a muscle group in the back?**

- a. Rhomboids**
- b. Teres major**
- c. Trapezius**
- d. All of the above are upper back muscles**

**7. Which is a muscle of the hamstrings?**

- a. Semitendinosus**
- b. Semimembranosus**
- c. Bicep femoris**
- d. All of the above**

**8. As a rule, compound movements involve the action of \_\_\_\_\_ joints?**

- a. 0**
- b. 1**
- c. 2**
- d. 3**

**9. As a rule, isolation movements involve the action of \_\_\_\_\_ joints?**

- a. 0**
- b. 1**
- c. 2**
- d. 3**

**10. A squat is a \_\_\_\_\_ movement?**

- a. Isolation**
- b. Compound**
- c. Both A and B**
- d, Neither A or B**

**11. A leg extension is definitely a \_\_\_\_\_ movement?**

- a. Isolation**
- b. Compound**
- c. Both A and B**
- d, Isotonic**

**12. Compound movements help strengthen the \_\_\_\_\_ tissue supporting your muscles?**

- a. Internal**
- b. External**
- c. Connective**
- d. Scare**

**13. The degree to which a particular muscle can isolate is somewhat \_\_\_\_\_?**

- a. Abducted**
- b. Adducted**
- c. Limited**
- d. Unlimited**

**14. By nature, biceps and triceps involve how many joint(s)?**

- a. 0**
- b. 1**
- c. 2**
- d. 3**



**15. A lat pulldown is NOT a \_\_\_\_\_?**

- a. Isolated movement**
- b. Compound movement**
- c. Abducted movement**
- d. Externally rotated movement**

**16. Strength training can best be described as the ability to produce maximal \_\_\_\_\_?**

- a. Flexion**
- b. Metabolism**
- c. Force**
- d. Synthesis**

**17. A well designed exercise machine can provide \_\_\_\_\_ resistive force in weaker muscles?**

- a. Less**
- b. Equal**
- c. More**
- d. None of the above**

**18. Dumbbells force both sides of your body to work \_\_\_\_\_?**

- a. Separately**
- b. Equally**
- c. Horizontally**
- d. Vertically**

**19. Cable exercises supply \_\_\_\_\_ tension to your muscles?**

- a. Continuous**
- b. Uneven**
- c. Sub-Acute**
- d. Fifty Percent**

**20. Due to safety precautions, women over \_\_\_\_\_ years old a check and clearance is mandatory.**

- a. 40**
- b. 45**
- c. 50**
- d. 55**

**21. How many ounces of fluid should be consumed immediately before a workout?**

- a. 6**
- b. 12**
- c. 16**
- d. 8**

**22. The component(s) of a warm up is \_\_\_\_\_?**

- a. General**
- b. Specific**
- c. Both A and B**
- d. Superfluous**

**23. Based upon warming up, fluid viscosity is \_\_\_\_\_?**

- a. Increased**
- b. Reduced**
- c. Doubled**
- d. Ozinated**

**24. A warm up increases the uptake of \_\_\_\_\_?**

- a. Hydration**
- b. Synovial Fluid**
- c. Carbon Dioxide**
- d. Red Blood Cells**

25. A warm up enhances \_\_\_\_\_ efficiency?
- a. Biokenetic
  - b. Chemical
  - c. Golgi tendon
  - d. Neuromuscular
26. An overstretched muscle is called a \_\_\_\_\_?
- a. Impingement
  - b. Condile
  - c. Stretch reflex
  - d. None of the above
27. Stretching \_\_\_\_\_ exercising, does little to prevent an injury?
- a. After
  - b. Before
  - c. During
  - d. Both A and C
28. Start your stretching program with the \_\_\_\_\_?
- a. Single joint movers
  - b. Upper extremities
  - c. Multi joint movers
  - d. Lower extremities
29. On average, you should remain on a body conditioning routine for \_\_\_\_\_?
- a. 9 months
  - b. 3 to 6 months
  - c. 2 months
  - d. 4 weeks Overuse

**30. Based on body conditioning protocols, for each muscle group use \_\_\_\_\_ exercise(s) per training session?**

- a. 1**
- b. 2**
- c. 3**
- d. 4**

**31. Based on body conditioning protocols, perform \_\_\_\_\_ set(s) of each exercise?**

- a. 1**
- b. 2**
- c. 3**
- d. 4**

**32. Based on body conditioning protocols, you should rest \_\_\_\_\_ seconds between sets?**

- a. 30**
- b. 60**
- c. 90**
- d. 120**

**33. Based on body conditioning protocols, repetitions should consist of \_\_\_\_\_ per set?**

- a. 10**
- b. 12**
- c. 15**
- d. 15-20**

**34. After the age of \_\_\_\_\_ women loss about 1% muscle mass and bone density yearly?**

- a. 35**
- b. 40**
- c. 45**
- d. 50**

**35. A good strength-training program does NOT rely on \_\_\_\_\_?**

- a. Comprehension**
- b. Militaristic discipline**
- c. Preparation**
- d. Core assessment**

**36. In the beginning stages of training, it's best to train \_\_\_\_\_ muscle groups first?**

- a. Open chain**
- b. Small**
- c. Large**
- d. Single joint**

**37. After 4 to 6 weeks of training, start to incorporate \_\_\_\_\_ exercise into the routine?**

- a. Close chain**
- b. Isolation**
- c. Plyometric**
- d. None of the above**

**38. You should \_\_\_\_\_ between sets, when exercising unilateral movements?**

- a. Avoid rest**
- b. Rest**
- c. Increase oxygen**
- d. Use neuromuscular facilitation**

**39. On average, expect to remain in the toning and shaping exercise phase for \_\_\_\_\_?**

- a. 10 weeks**
- b. 6 months**
- c. 1 month**
- d. 6 weeks**

**40. Based on the toning and shaping protocols, for each muscle group use \_\_\_\_\_ exercise(s) per training session?**

- a. 1**
- b. 2**
- c. 3**
- d. 4**

**41. Based on the toning and shaping protocols, perform \_\_\_\_\_ set(s) of each exercise?**

- a. 1**
- b. 2**
- c. 3**
- d. 4**

**42. Based on the toning and shaping protocols, you should rest \_\_\_\_\_ seconds between sets?**

- a. 30**
- b. 60**
- c. 90**
- d. 120**

**43. Based on the toning and shaping protocols, repetitions should consist of \_\_\_\_\_ per set?**

- a. 10**
- b. 12**
- c. 15**
- d. 15-20**

**44. The word anabolic can be best described as \_\_\_\_\_?**

- a. To build**
- b. To reproduce**
- c. A precursor**
- d. A stimulant**

**45. The overload principle, requires you to \_\_\_\_\_ your bodies work threshold?**

- a. Decrease**
- b. Exceed**
- c. Minimize**
- d. Rest**

**46. Homeostasis refers to \_\_\_\_\_?**

- a. Hypertrophy**
- b. Hyperplasia**
- c. Equilibrium**
- d. Gluconeogenesis**

**47. Which is a protective response to muscular overload?**

- a. epinephrine**
- b. nor- epinephrine**
- c. Electronic muscle stimulation**
- d. Golgi tendon**

**48. The rectus abdominus contains \_\_\_\_\_?**

- a. Fast twitch fibers**
- b. Slow twitch fibers**
- c. All horizontal fibers**
- d. Both A and B**

**49. Two consecutive exercises with no rest between them are known as a \_\_\_\_\_?**

- a. Compound set**
- b. Giant set**
- c. Super set**
- d. Peak set**

**50. What type of movement would not translate well in a super set?**

- a. Compound**
- b. Isolate**
- c. Unilateral**
- d. Lateral**

**51. There are \_\_\_\_\_ categories of major muscles?**

- a. 5**
- b. 6**
- c. 7**
- d. 9**

**52. Based on the body sculpting protocols, for each muscle group use \_\_\_\_\_ exercise(s) per training session?**

- a. 1**
- b. 2**
- c. 2 to 4**
- d. synergy training**

**53. Based on the body sculpting protocols, perform \_\_\_\_\_ set(s) of each exercise?**

- a. 1**
- b. 2 to 4**
- c. interval**
- d. high intensity**

**54. Based on the body sculpting protocols, you should rest \_\_\_\_\_ seconds between sets?**

- a. 30**
- b. 60**
- c. 90**
- d. 120**



**55. Based on the body sculpting protocols, repetitions should consist of \_\_\_\_\_ per set?**

- a. EPOC**
- b. 6 to 12**
- c. 15**
- d. 15-20**

**56. A \_\_\_\_\_ set incorporates 3 or more different exercises in succession?**

- a. Compound**
- b. Super**
- c. Giant**
- d. Static contraction**

**57. The chest muscle fibers attach at \_\_\_\_\_ bones?**

- a. 1**
- b. 2**
- c. 3**
- d. 4**

**58. Incline chest exercise angles should be at \_\_\_\_\_ degrees for the best results?**

- a. 30 to 40**
- b. 10 to 20**
- c. 40 to 50**
- d. 20 to 30**

**59. Chest exercises performed on a low cable cross over targets the \_\_\_\_\_?**

- a. Upper chest fibers**
- b. Mid chest fibers**
- c. Lower chest fibers**
- d. Both B and C**

**60. Why do some women tend to neglect the back?**

- a. Women may not feel these muscles are functionally important**
- b. They are not readily apparent when they look in the mirror**
- c. Women may feel muscular development will defeminize them**
- d. Because they are concerned with repetitive stress injury**

**61. The shoulder is abducted and externally rotated in which exercise?**

- a. T-Bar rows**
- b. Dumbbell pullover**
- c. Behind the neck lat pulldown**
- d. One arm rows**

**62. A good alternative to a dumbbell pullover is a \_\_\_\_\_?**

- a. One arm dumbbell row**
- b. Seated row**
- c. Low row**
- d. Straight arm pulldown**

**63. How many heads does the deltoid have?**

- a. 2**
- b. 4**
- c. 3**
- d. None of the above**

**64. An over head shoulder press targets the \_\_\_\_\_ deltoid?**

- a. Posterior**
- b. Medial**
- c. Lateral**
- d. Anterior**

**65. Lateral shoulder raises target the \_\_\_\_\_ deltoid?**

- a. Posterior**
- b. Medial**
- c. Lateral**
- d. Anterior**

**66. Bent over lateral shoulder raises target the \_\_\_\_\_ deltoid?**

- a. Posterior**
- b. Medial**
- c. Lateral**
- d. Anterior**

**67. The rear deltoids need direct stimulation from \_\_\_\_\_ movement?**

- a. Vertical**
- b. Horizontal**
- c. Compound**
- d. Isolation**

**68. The width of the shoulder is dictated by the \_\_\_\_\_ deltoid head?**

- a. Posterior**
- b. Medial**
- c. Lateral**
- d. Anterior**

**69. A behind the neck shoulder press causes \_\_\_\_\_?**

- a. impingement of the rotator cuff**
- b. Bicep- Scapula hyperextension**
- c. Trapezius - Deltoid adduction rotation**
- d. None of the above**

**70. What type of exercise is an Arnold press?**

- a. Back**
- b. Chest**
- c. Shoulder**
- d. Unilateral**

**71. Your arms should be at \_\_\_\_\_ when completing a shoulder machine lateral raise?**

- a. Shoulder level**
- b. Below shoulder level**
- c. Above shoulder level**
- d. 60 degrees**

**72. The long head of the bicep crosses \_\_\_\_\_ joint?**

- a. The elbow**
- b. The shoulder**
- c. Both A and B**
- d. Neither A or B**

**73. The bicep is more active during exercises when the shoulder is \_\_\_\_\_?**

- a. Flexed**
- b. Abducted**
- c. Extended**
- d. Adducted**

**74. The \_\_\_\_\_ grip maximizes stress to the biceps?**

- a. Neutral**
- b. Supinated**
- c. Both A and B**
- d. Pronated**

**75. Schedule issues may affect the frequency of training, however training fewer than \_\_\_\_\_ days a week may not be optimal?**

- a. Three**
- b. Four**
- c. Five**
- d. None of the above**

**76. Which movement limits the length of the biceps long head?**

- a. Preacher curls**
- b. Concentration curls**
- c. Prone incline curls**
- d. All of them**

**77. Which bicep movement primary targets the brachialis?**

- a. Hammer curls**
- b. E-Z curls**
- c. Cable curls**
- d. Incline curls**

**78. The length of your bicep is determined by \_\_\_\_\_?**

- a. Fast twitch fibers**
- b. Slow twitch fibers**
- c. Genetics**
- d. Lactic acids**

**79. Which grip emphasizes the forearm muscles in bicep movements?**

- a. Neutral**
- b. Supinated**
- c. Both A and B**
- d. Pronated**

**80. What angle degree should you be at while performing an incline bicep curl?**

- a. 30 degree**
- b. 45 degree**
- c. 60 degree**
- d. 75 degree**

**81. In which exercise is the long head of the triceps in full stretch position?**

- a. Overhead extensions**
- b. Kickbacks**
- c. Dips**
- d. Pressdowns**

**82. Which tricep exercise does NOT put stimulation to the medial and lateral triceps head?**

- a. Overhead extensions**
- b. Kickbacks**
- c. Dips**
- d. Pressdowns**

**83. Which tricep exercise uses all the triceps heads about equal?**

- a. Kickbacks**
- b. Rope pushdowns**
- c. Lying tricep extension**
- d. Dips**

**84. Which tricep head(s) is primary targeted when performing rope pushdowns?**

- a. Long head**
- b. Medial head**
- c. Lateral head**
- d. All of the above**

**85. Quadriceps exercises are \_\_\_\_\_?**

- a. Compound movements**
- b. Inner thigh exercises**
- c. Isolation movements**
- d. All of the above**

**86. A leg extension is an example of a \_\_\_\_\_?**

- a. Multi joint movement**
- b. Single joint movement**
- c. Both A and B**
- d. Compound movement**

**87. A front squat targets the front thighs, and minimizes activation of the \_\_\_\_\_?**

- a. Glutes**
- b. Hamstrings**
- c. Bicep femoris**
- d. Semitendinosus**

**88. What leg exercise is contraindicated with a knee problem?**

- a. Front kicks**
- b. Abductor cable pulls**
- c. Hack squats**
- d. Lying adduction**

**89. The rectus femoris is especially targeted while performing \_\_\_\_\_?**

- a. Bent-over dumbbell laterals**
- b. Superman exercise on a Swiss ball**
- c. Reverse hyperextension**
- d. Sissy squats**

**90. Exercises for the hamstrings are activated at the \_\_\_\_\_?**

- a. Hip joint**
- b. Hip and knee joint**
- c. Periformus joint**
- d. Semimembranosus**

**91. Abductor exercises minimally activate which muscle?**

- a. Quadriceps**
- b. Hamstrings**
- c. Gluteus medius**
- d. Gluteus minimus**

**92. How many joints are used to perform stiff legged dead lifts?**

- a. 0**
- b. 1**
- c. 2**
- d. 3**

**93. How many joints are used to perform “good morning” exercise?**

- a. 0**
- b. 1**
- c. 2**
- d. 3**

**94. Butt squeeze exercises are a good example of what type?**

- a. Isokenetic**
- b. Isotonic**
- c. Isotension**
- d. Isomotion**



**95. Turning your legs slightly outward while performing leg curls will substantially target the \_\_\_\_?**

- a. Semitendinosus**
- b. Semimembranosus**
- c. Bicep femoris**
- d. Low back erectors**

**96. Turning your legs slightly inward while performing leg curls will substantially target the \_\_\_\_?**

- a. Semitendinosus**
- b. Semimembranosus**
- c. Bicep femoris**
- d. Both A and B**

**97. Straight legged calf exercises emphasis the \_\_\_\_?**

- a. Soleus**
- b. Gastrocnemius**
- c. Plantar fascia**
- d. Superspinatus**

**98. Bent leg calf exercises emphasis the \_\_\_\_?**

- a. Soleus**
- b. Gastrocnemius**
- c. Miniscus**
- d. Internal rotators**

**99. If your waist is thick or blocky, which abdominal area should NOT be trained with high intensity?**

- a. Obliques**
- b. Serratus interior**
- c. Rectus Abdominus**
- d. None of the above**

**100. An effective way to perform your abdominal training routine is \_\_\_\_\_?**

- a. At a slight right angle**
- b. In a giant set**
- c. To all out failure**
- d. Slightly hyper-extended**