

STRENGTH BALL TRAINING, 3E

CORRESPONDENCE EDUCATION PROGRAM #CC174

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LEARNING OBJECTIVES:

STRENGTH BALL TRAINING *(updated)*

After completing this course participants will be able to:

1. Explain the benefits of using the stability ball and medicine ball for strength training exercises.
2. Define and understand proprioception.
3. Explain how the myotatic stretch reflex functions.
4. Explain the function of the Golgi tendon organ.
5. Explain how the muscle chain works to maintain balance.
6. Identify the muscle groups that comprise the speed center.
7. Understand how to progress the level of difficulty when using medicine ball and stability ball exercises.
8. Explain the technique of setting the abdominals before performing stability ball and medicine ball exercises.
9. Identify specific exercises and explain how to execute them in order to emphasize muscle groups in the shoulders and upper back.
10. Identify and recommend medicine ball partner drills to develop strength in the shoulders and back as well as develop core stability.
11. Identify specific exercises and explain how to execute them in order to strengthen muscle groups in the biceps, triceps and forearms.



CEC/CEU Test for Strength Ball Training, 3rd Ed.
Please choose the BEST answer for each question

- 1. One of the primary reasons for utilizing stability balls and medicine balls for strength training is:**
 - a. Stability and medicine ball strength training develops muscle definition quickly.
 - b. Stability and medicine ball strength training uses the body as a functional unit.
 - c. Stability and medicine ball strength training isolates specific muscle groups for development.
 - d. Stability and medicine ball strength training focuses on developing strong arms and legs for sports activities.

- 2. Catching a weighted ball outside of your midline trains:**
 - a. Acceleration
 - b. Proprioception
 - c. Deceleration
 - d. Rotation

- 3. Proprioception is best described as:**
 - a. Sensory capabilities that allow the body to maintain balance and coordinate movement.
 - b. Muscular contraction that contributes to increases in muscle strength
 - c. Muscle imbalances that can lead to injury
 - d. The ability to balance on a stability ball.

- 4. _____ are receptors that, when their threshold is reached, will cause a muscle to contract.**
 - a. Golgi tendon organs
 - b. Body segment stabilizers
 - c. Muscle spindles
 - d. Muscle tendons

- 5. The reflex concentric muscle contraction that is produced when the agonist muscle is inhibited, and the stretched muscle contracts is the:**
 - a. Myotatic stretch reflex
 - b. Golgi tendon organ response
 - c. Extrafusal muscle fibers
 - d. Agonist inhibition

- 6. The protective mechanism that causes a muscle to relax in response to very heavy loads is:**
- Muscle spindles
 - Myotatic stretch reflex
 - Golgi tendon organs
 - Extrafusal muscle fibers
- 7. Which of the following is not a role that fascia plays in the body?**
- Pressure
 - Stability
 - Communication
 - Mobility
- 8. The structure of the fascial matrix that links muscles is capable of generating:**
- Power and force
 - Tension and proprioception
 - Power and proprioception
 - Overload and tension
- 9. When utilizing strength ball training, arm length from the midline is referred to as:**
- Torque
 - Distance
 - Levers
 - Balance
- 10. What should be focused on for initial training when using strength ball training on order to have a better muscular recruitment pattern?**
- Heavier-load strength training
 - Sets vs. reps
 - Instability and balance
 - Volume
- 11. The study conducted by Yan and colleges (2014) focused on using strength ball training and injuries in what population?**
- Athletes
 - General population
 - Seniors
 - Pregnant women
- 12. When a perturbation occurs that challenges balance, the body will attempt to keep from falling through a _____ that begins at the _____.**
- Continuous muscle chain; ankle
 - Contraction of the lower back; hip
 - Continuous muscle chain; hip
 - Contraction of the rectus femoris; knee

- 13. What is considered to be the foundation of human movement?**
- Strength and power
 - Stability and balance
 - Endurance and strength
 - Balance and power
- 14. What did the abstract study presented at the 2005 National Strength and Conditioning Association convention find that was of importance for regarding core musculature?**
- That single arm exercises engage the core muscles twice as much than bilateral arm movements
 - That single arm exercises are best for hypertrophy and bilateral arm exercises are best for core muscle engagement
 - That the McGill side bridge was best for lower abdominal musculature activation
 - That the Superman exercises are dangerous for core due to the stress placed on the spinal column
- 15. Anderson and Behm (2005) found that while introducing instability into an exercise increases muscle activation, it comes at a cost to:**
- Balance
 - Fatigue
 - Force production
 - Agility
- 16. The authors of this book feel that what percentage of your workout exercises can be done on a strength ball?**
- 40-60%
 - 10-20%
 - 50-70%
 - 20-40%
- 17. Choosing less difficult exercises or using lighter loads is most appropriate for all of the following EXCEPT:**
- Pre-practice
 - Post-practice
 - Pre-exercise
 - Pre-game warm-up
- 18. Alternating body parts during your workout is beneficial for:**
- Children
 - Sustaining an elevated heart rate
 - Making the workout your only cardio exercise if in a time crunch
 - Professional athletes

- 19. At what age do young athletes go through peak maturation of the nervous system thus increasing their ability to improve coordination, body awareness, and athleticism?**
- Prepubescent
 - Teen years
 - 14-18 years of age
 - 2-5 years of age
- 20. What size ball should most prepubescent children use for proper fit?**
- 65 cm
 - 25 cm
 - 45 cm
 - 54 cm
- 21. All of the following are helpful ways parents can encourage their children to exercise EXCEPT:**
- Make activity a part of what the family does together
 - Cut out TV
 - Use a positive mind-set around exercise
 - Have children exercise by themselves
- 22. The pillars of sport performance build on a foundation of:**
- Functional core
 - Functional strength
 - Power
 - Agility
- 23. Whole-body re-education includes all of the following EXCEPT:**
- Smooth, whole-body strength exercises
 - Proper muscle firing sequence
 - Stimulation of the proprioceptive system
 - Random sequencing of muscle order usage
- 24. What is the most important point to remember when selecting your exercises in this book?**
- Focus on strength in the arms and legs first
 - Work towards high reps
 - Train the core first, then the periphery
 - Center of gravity
- 25. What area of the body is weak in over 80% of people?**
- Lower back
 - Upper back
 - Core
 - Hamstrings

- 26. Which of the following does not increase the level of difficulty when performing stability ball exercises?**
- Decrease the base of support
 - Add resistance
 - Close the eyes
 - Shorten the length of the lever arm
- 27. Which of the following is not a proper method to progress when using medicine balls?**
- Make the exercise predictable
 - Increase the ball weight
 - Use a single arm
 - Integrate movement or balance
- 28. When it comes to stability balls, what does ABS stand for?**
- Anti-Braking System
 - All Body Sizes
 - Anti-burst
 - All Balls Sturdiness
- 29. Which of the following techniques is recommended for stabilizing the core prior to performing stability ball and medicine ball exercises?**
- Bracing
 - Setting the abdominals
 - Both a and b
 - Abdominal isometric contraction
- 30. The best way to create an unstable environment for performing exercises to develop the intersegmental and stabilizing muscles is to:**
- Perform exercises on a stability ball
 - Perform exercises standing on one leg
 - Perform exercises standing on a cushioned mat
 - Perform exercises with eyes closed
- 31. Which of the following is the best recommendation for exercise progression for a client with chronic low back pain?**
- Have the client perform resistance exercises using weight machines for 6 – 8 weeks before doing stability ball exercises
 - Have the client perform exercises using stable surfaces for 3 – 8 weeks before doing stability ball exercises
 - Have the client perform exercises such as Static Back Extension and Single-leg Hip Lift for 3 – 8 weeks before doing stability ball exercises
 - Hold for 30 seconds and then progress by adding 10-15 seconds

- 32. Which term describes the body position where the client is lying on the ball with the head and shoulders are supported, and the feet are under the knees?**
- Supine
 - Table top
 - Prone
 - Plank
- 33. When does your movement evaluation of a client or athlete begin?**
- During the warm-up
 - During the sport activity
 - When the walk through the front door
 - During the assessment
- 34. The push up test for assessment requires all of the following to be done correctly EXCEPT:**
- Maintaining the dowel in the proper position throughout the test
 - Lowering the chest to within 2.5 inches off the floor
 - Having women perform the test with knees on the floor
 - Maintaining a self-set but steady pace for each repetition
- 35. The core endurance and mobility assessments focus on core in what planes of motion?**
- Transverse plane only
 - Transverse and frontal planes
 - Horizontal and sagittal planes
 - Frontal and sagittal planes
- 36. What is being assessed when performing the lateral core muscular assessment test?**
- Hold time in proper position
 - Length of time before the hips touch the floor
 - Ability to keep spine extended
 - Hold time for top leg to stay off the floor
- 37. What is “finishing point” for the back-extension assessment?**
- If men hold for 160 seconds
 - If women hold for 173 seconds
 - If men or women hold for 240 seconds
 - If men or women hold for 150 seconds
- 38. When performing the flexor endurance assessment, what is the proper starting point?**
- Back extension of 4 inches from neutral
 - Back extension of 60 degrees
 - Knees bent to 60 degrees
 - Hips slightly flexed

39. All of the following are benefits of the overhead squat assessment EXCEPT:

- a. It assesses the full body
- b. It requires effort only from the lower body which is important due to the kinetic chain beginning and ending with lower body
- c. It can help determine which joint(s) may be the limiting factor
- d. It views both sides, but also views if favoritism occurs unilaterally

40. What position earns a high score of 3 for the overhead squat assessment?

- a. Knees are not quite aligned but close, and the dowel is directly overhead
- b. The chest is up, thighs are parallel, and feet are flat on the ground
- c. There is notation of pain
- d. There is forward lean of the trunk and knees are past the toes

41. The Jackknife exercise can be performed to work the:

- a. Hip extensors
- b. Hip flexors
- c. Quadriceps
- d. Hamstrings

42. Which of the following is FALSE for the Prone Balance exercise?

- a. Greater instability occurs by placing the feet on top of a BOSU ball
- b. Add resistance by wearing a weight vest
- c. Narrow the foot stance to increase progression
- d. Increase lever arm by rolling the ball backwards

43. In order to add extra resistance for the McGill Side Raise with Static Hip Adduction, you should:

- a. Add ankle weights to increase the load
- b. Use two balls and do the pull-ins one leg at a time
- c. Place a sandbag over your hips
- d. Add lifts by lowering the hips to the floor and lifting again

44. Which of the following is an appropriate way to increase the challenge and progression when performing the Prone Balance Hip Opener?

- a. Add hip extension after each hip rotation or add ankle weights
- b. Roll backward on the stability ball to flex the hip more on the stabilizing leg
- c. Raise up on the hands instead of the elbows
- d. Perform with both legs at the same time

45. Which of the following exercises would be most appropriate to work all the muscles of the torso?

- a. Bridge T Fall-off
- b. Jackknife
- c. Bridge with Medicine Ball Drop
- d. Kneeling Roll-out

- 46. When performing the Bridge T Fall-off exercise it is important to make sure that:**
- The ball supports the lower back
 - The upper legs are at a 45-degree angle
 - The ball supports the head and neck
 - The hips are elevated so that a straight line is formed from neck to their knees
- 47. Pain during the Supine Stabilizer Scissors may indicate:**
- Lack of base strength to maintain position
 - A disc herniation, therefore discontinue the exercise
 - The spotter is not in the correct position
 - Improper positioning on the stability ball
- 48. When performing the Bridge with Medicine Ball Drop exercise it is important that the spotter:**
- Announce which side the ball is going to be tossed to
 - Remind the client to keep their hips up and feet shoulder width apart
 - Remind the client to keep the ball centered under the lower back
 - Remind the client to widen their stance to prevent falling off the ball
- 49. To increase the level of difficulty of the Bridge Ball-hug exercise the ball:**
- Should be held at waist level
 - Should be held with one arm
 - Should be held away from the body at chest level with the arms extended
 - Should be held close to the body at chest level with the arms flexed
- 50. Which exercise can be used to replace the Ball Hug exercise?**
- Standing Bar Twist with Medicine Ball Squeeze
 - Kneeling Ball Self-Pass
 - Bridge with Medicine Ball Drops
 - Closed Kinetic Chain Ball Hold
- 51. When first trying the Lateral-Jump Ball Hold, you should:**
- Have you and your partner stand closer together
 - Only perform the jump, but do not pass the ball to your partner
 - Use smaller jumps while your partner delays the push of the ball
 - Throw the ball to your partner instead of passing it
- 52. To perform the Balance Push-up, exercise the hands should be placed _____ and the elbows bent to a(n) _____ angle.**
- Shoulder width apart; 45 degrees
 - Close together; 90 degrees
 - Close together; 45 degrees
 - Shoulder width apart; 90 degrees

- 53. To increase the level of difficulty of the Reverse Balance Push-up exercise, the exercise can be done:**
- With the feet on a stability ball and the hands on a balance board
 - With the feet on a stability ball and the hands on a medicine ball
 - With one foot on the stability ball and one foot elevated
 - With both the feet and the hands-on stability balls
- 54. When performing the Up, Up, Down, Down exercise, the hips should:**
- Not rotate side-to-side
 - Rotate side-to-side
 - Roll with the arm movements
 - Flex slightly
- 55. The primary reason for having a spotter stand in front of a person when they are initially learning the Kneeling Hold exercise is to:**
- Brace the ball and make sure it does not roll forward
 - Provide support and prevent the exerciser from coming off the front
 - Coach the exerciser in proper technique
 - Hold the exerciser's hands to help them balance on the ball
- 56. What is the goal of the first few movements during the Kneeling Hold and Clock exercise?**
- To shift back and forth from 3 o'clock to 9 o'clock
 - To shift back and forth from 12 o'clock and 6 o'clock
 - To rotate fully around the entire "clock" on both knees
 - To stay on top of the ball
- 57. What is the ultimate goal of the Seated Humpty Dumpty exercise?**
- To knock your partner off the stability ball
 - To avoid your feet touching the floor
 - To work the hip flexors
 - To complete 30 repetitions
- 58. Which statement is correct for the Dual-Ball Survival Rollout?**
- The larger ball should be used for the arms while the smaller ball is for the legs
 - The smaller ball should be used for the arm while the larger ball is for the legs
 - React to any balance deviations by rolling further out
 - To prepare the back to handle greater challenges, add a prone bridge and supine extension exercise

- 59. If the Kneeling Medicine Ball Catch is not manageable, what two exercises should it be replaced with?**
- Kneeling hold and clock, and the medicine ball shoulder-to-shoulder pass
 - Seated Humpty Dumpty and the Kneeling hold and clock
 - Dual-ball survival rollout and the kneeling hold and clock
 - Reverse balance push-up and the kneeling hold and clock
- 60. Which of the following is incorrect position considerations when performing the Progressive Tabletop?**
- While in a four-point stance, hands are slightly forward on the ball
 - Avoid hunching the shoulders
 - Begin movements with one arm and one leg
 - Contract glutes, hips, abs, back and shoulders to help anchor
- 61. All of the following are correct positioning for performing the Kneeling Roll-out exercise except:**
- Keep the feet on the ground for stability
 - Start the exercise with a pelvic tilt
 - Keep a neutral spine
 - Keep the chest as upright as possible
- 62. Which of the following is not a proper progression for the Kneeling Rollout exercise?**
- Progress to a single-arm rollout
 - Position the ball outside of midline and more in line with your active arm
 - Perform the exercise with one knee lifted off the floor
 - Try a figure-eight pattern or aside-to-side movement on the ball
- 63. When performing the Full-body Multi-Joint Medicine Ball Pass, it is important to:**
- Begin the throw with the arms
 - Maintain a good squat position
 - Throw the ball up
 - Stand about twelve paces apart
- 64. What is the most common error partners make during the Supine Bridge Ball Hold?**
- Pushing on the ball too hard
 - Standing too far away from the client's head
 - Throwing the client off balance
 - Pushing against the ball too lightly

- 65. How do you check to make sure your client is not rolling the ball during the Squat to Supine to Sit-up exercise?**
- Ensuring the client does not swing the arms
 - Cuing the client to keep the feet flat on the floor at all times
 - Lifting one leg off the floor
 - Keeping an eye on the logo of the DSL to ensure the label is always up
- 66. Which statement is incorrect when performing the Stability Ball Static Lateral Crunch with Medicine Ball Punch-out?**
- The feet should be about 42 inches apart
 - Hold the lateral movement stable on the ball in order to work the sagittal plane
 - Punch the medicine ball out at chest level
 - Fully extend the arms when the medicine ball is punched out
- 67. Which of the following is the best method to progress the Medicine Ball Balance Catch?**
- Move the feet closer together
 - Increase the size of the medicine ball
 - Add a squat after catching the ball
 - Pass the ball with an overhand throw
- 68. Which of the following is not an appropriate way to progress when performing the Medicine Ball Single-leg Balance Left to Right exercise?**
- Decrease the speed of movement to focus on balance
 - Move the ball farther away from the body
 - Toss the ball from the left hand to the right and absorb the catch
 - Perform rapid-fire tosses
- 69. As the Russian Twist is performed, it is important for the client to:**
- Hold the ball over their face
 - Keep their eyes focused on their hands
 - Lower their hips so that their body is at a 45-degree angle
 - Initiate rotation from their shoulders
- 70. Which of the following best describes the movement pattern for the Supine Bridge with Cross-Body Pass?**
- Quickly rotate to the right and pass the ball to the partner's left side
 - Slowly rotate to the right, stop, quickly rotate to the left and pass the ball to the partner's right side
 - Quickly rotate to the right, stop, quickly rotate to the left, stop, quickly rotate to the right and pass the ball to the partner's right side
 - Partner A rotates to the left shoulder, hips kept square with feet planted while dropping hands off to the left

- 71. Which of the following best describes the correct setup for the Over-the-Shoulder Throw?**
- Stand with the back to the partner, about 2 paces apart, feet shoulder width apart, knees flexed, and abs contracted
 - Stand with the back to the partner, about 2 paces apart, feet in a narrow stance, hips flexed, and abs contracted
 - Stand facing the partner, about 2 paces apart, feet shoulder width apart, knees flexed, and abs contracted
 - Stand facing the partner, about 2 paces apart, feet shoulder width apart, hips flexed, and abs contracted
- 72. When performing the Twister exercise, increasing the sequence with more speed and preventing the legs from touch the floor helps to work on:**
- Concentric overload
 - Stability
 - Acceleration
 - Deceleration
- 73. What should you do if you do not have good shoulder flexibility when performing the Supine Rotator Scissors exercise?**
- Place your arms across your chest
 - Place your hands under your low back
 - Place your hands by your side
 - Place your hands on your hips
- 74. Where do most errors occur in the Prone Twist exercise?**
- At the end of the twist
 - At the beginning of the twist
 - Getting into proper position
 - Throughout the entire exercise
- 75. What weight is typically enough to add when progressing the Goldy's Static Lateral Helicopter exercise?**
- 1-2 lbs.
 - 2-5 lbs.
 - 2-5 kg.
 - 5-7 lbs.
- 76. Which of the following exercises would be the best to recommend for a warm-up?**
- Russian twist
 - Side-to-side rotation pass
 - V-sit and rotate
 - Back-to-back 180-degree rotation pass

- 77. How do you know if you have negated any effect of improving mobility in the thoracic area while performing the Strength Ball Prone Thoracic Rotation?**
- If your pelvis loses contact with the stability ball
 - If your balancing hand comes off the floor
 - If your body weight shifts to the heels of your feet
 - If your roll too far forward on the stability ball
- 78. The Back-to-Back Stop-and-Go builds braking strength in the torso by working the muscles:**
- Eccentrically
 - Horizontally
 - In the sagittal and frontal plane combined
 - Concentrically
- 79. What is a great way to build more leg strength when performing the Alternating Open-Step Medicine Ball Lunge exercise?**
- Increase the tempo
 - Move the ball above the head while rotating 180-degrees
 - Push off the front lunged leg to kick it back to the start position
 - Increase the weight of the medicine ball
- 80. Why does the Medicine Ball Split Russian Twist exercise also work on static strength from the lower body?**
- Because it focuses on core strength
 - Because you have to fight gravity to maintain proper position
 - Because you go into a very deep lunge to progress
 - Because it works in multiple planes of motion
- 81. What type of feedback allows you to check your speed and force of movement when performing the Standing Rotary Repeat exercise?**
- Verbal
 - Immediate
 - Visual
 - Auditory
- 82. Which of the following is incorrect for the proper set up of the Medicine Ball Standing Twist Against Wall exercise?**
- Prone lumbar rotation is completed
 - Stand about 6-8 inches away from the wall
 - Glutes should remain in contact from the wall
 - Hold the medicine ball in front at midchest level

- 83. In the Hip Extension Knee Flexion exercise, movement is initiated by:**
- Pressing the heels into the ball and raising the hips
 - Squeezing the gluteal muscles and raising the hips
 - Pressing the arms to the ground
 - Squeezing the legs together
- 84. The Hip Extension Knee Flexion exercise works the _____ muscles from the hip and the knee**
- Quadriceps
 - Abdominals
 - Hamstring
 - Gluteal
- 85. The Knee Tuck focuses on the hip flexors and the:**
- Upper abdominals
 - Obliques
 - Hamstrings
 - Lower abdominals
- 86. If the loaded ball is too heavy for your client to perform the Knee Tuck exercise properly:**
- Use a weighted ABS ball instead
 - Have them switch to the lateral wall squat
 - Use an unweighted ABS ball and complete ball bridge exercises
 - Have them finish the exercise in order to build strength and progression
- 87. Besides the hamstrings and glutes, what other muscle group does the Poor Man's Glute Ham Raise Rollout work?**
- Lower back
 - Lower abs
 - Gastrocnemius
 - Rotator cuff
- 88. Which of the following is not proper set up for the Lateral Wall Squat?**
- The stability ball should be at elbow height when placed against the wall
 - The inside leg should be supporting the body weight initially
 - Lean against the ball at a 45-degree angle
 - Stand sideways beside the ball
- 89. What type of work has research found protects and supports the knee ligaments best?**
- Single-leg exercises
 - Eccentric hamstring work
 - Bridging exercises on a stability ball
 - Hamstring work that involves the hip and the knee together

- 90. How long should loading on the single leg take during the Alternating Stability Ball Hip Extension with Single-leg Eccentric Knee Flexion exercise?**
- 2-3 secs.
 - 4-5 secs.
 - 5-10 secs.
 - 8-10 secs.
- 91. When performing the Stability Ball Split Squat with Dumbbell exercise, the knee of the support leg:**
- Is flexed to 45 degrees
 - Is extended to 90 degrees
 - Is slightly beyond the toes
 - Should be flexed to 90 degrees
- 92. The Repeated Dual-Foot Long Jump exercise is similar to the:**
- Long jump
 - High jump
 - Box jump
 - Basketball lay up
- 93. What should the client do in order to focus on the adductors during the Stability Ball Side-Supported Hip Extension exercise?**
- Raise the lower leg
 - Raise the top leg
 - Squeeze the glutes when extending the hip
 - Lift the hip higher up on the stability ball
- 94. When returning to the start position in the Plyometric Medicine Ball Box Jump, the client should:**
- Jump back down with proper landing
 - Hop back down with proper landing
 - Land with fully flexed hips
 - Step down with control and reset
- 95. To properly finish the Single-Leg Stride Squat, the client should:**
- Hold the final position without the back foot touching the floor
 - Fully extend the back leg and tap the floor lightly
 - Bring the ball to the chest and fully extend the back leg
 - Reset into the squat position
 -
- 96. Which of the following is not an appropriate progression for the Single-Leg Stride Squat?**
- Lower deeper into the squat
 - Come up tall on the squat leg
 - Hold the heel of the foot higher while retaining a taller torso
 - Add pauses

- 97. What is the foundational strength exercise from which many other leg exercises build?**
- Lunge
 - Burpee
 - Knee lifts
 - Squats
- 98. Which progression is incorrect for the Wall Squat?**
- Use a slow movement tempo
 - Hold dumbbells by your side
 - Lift one foot to emphasize the quads
 - Integrate static holds
- 99. Feeling tension in your lower back may indicate what problem when performing the O-Brien Hip Extension with Static Hip Flexion exercise?**
- Weak core
 - Weak glutes
 - Weak lower abdominals
 - Weak hamstrings
- 100. A client who wants to train his inner and outer thigh muscles should perform which of the following exercises?**
- Goldy's leg blaster
 - Lateral wall squat
 - Lateral squat with ball push
 - Supine leg cable curl
- 101. To activate the inner-thigh muscles, how should the initial movement be made while performing the Goldy's Leg Blaster?**
- Contract the abductors
 - Slightly lift the foot off the ball
 - Flex the hips more
 - Press the foot down on the ball
- 102. Besides repetitive actions in certain sports, why else might athletes have imbalances in hip mobility?**
- Standing with weight on one leg
 - Leg length discrepancies
 - Lack of hip power
 - Lack of glute strength

- 103. The Prone Ball Hold with Knee Drive works on all the following EXCEPT:**
- Hip flexor movements
 - Glute activation
 - Trunk stability
 - Premovement core activation
- 104. Which of the following is not a proper way to set up for the Prone Ball Hold with Knee Drive?**
- Feet are on floor
 - Lift up on the toes
 - Heels of hands on the upper outside of the ball with fingers facing forward
 - Flex the elbows two inches
- 105. Crossing the knee in and over the opposite elbow in the Prone Ball Hold with Knee Drive helps to:**
- Activate the transverse abdominis
 - Activate the external hip rotators
 - Engage the lower abdominals
 - Work on hip flexor power
- 106. When performing the Lunge with Medicine Ball Pass exercise, the leg that is lunged forward should be lowered to the point where:**
- The back knee gently touches the floor
 - The knee of the front leg pushes out slightly past the toes
 - The knee of the front leg is extended to 90 degrees
 - The thigh of the front leg is parallel to the floor
- 107. Which exercise helps encourage thoracic spine motion through the transverse plane?**
- Reverse lunge and rotate
 - Lunge to press and track
 - Single leg rotations
 - Lunge with medicine ball pass
- 108. What should you combine to develop stride strength, challenge single-leg balance, and improve muscle sequencing from toes to fingertips?**
- Agility, power, and balance
 - Legs, shoulders, and balance
 - ABS ball and DSL balls
 - Tossing movements with balance movements

- 109. In addition to exposing imbalances, the Single-leg Rotations strengthen what two movements?**
- Trunk stability and balance
 - Hip abduction and adduction
 - Hip flexion and extension
 - Hip inward and outward rotation
- 110. Because it is easy for the leg to fall off the ball during the Single-leg Rotations, what can the client do to prevent it?**
- Take the shoe off and perform the exercise barefoot
 - Deflate the ball so that the foot can press down and stay in place easier
 - Press the foot down and engage the quads
 - Use a spotter to bookend the foot on the ball
- 111. Which is considered to be a great full-body exercise?**
- The Lateral Squat with Ball Push
 - The Kneeling Side Pass
 - The Single-Leg Rotations
 - The Lunge to Press and Track
- 112. What is the purpose of performing the Leg-Hip-Core Multidirectional Control exercise?**
- To apply force
 - To generate power
 - To challenge the inner units of the core
 - To push your partners leg past neutral
- 113. When performing the Incline Dumbbell Press, the ball should be:**
- Under the hips
 - Under the head and neck
 - Under the waist at midback
 - Under the head, shoulders and back
- 114. To increase the difficulty of the Incline Dumbbell Press, the feet should be:**
- In a staggered position
 - Less than hip width apart
 - More than hip width apart
 - As far from the ball as possible
- 115. If the client has any type of shoulder problem, the dumbbells should be held in a _____ when performing the Incline Dumbbell Press.**
- Thumb over position
 - Neutral grip position
 - Bench press position
 - Thumb under position

- 116. While the Supine Push and Drive exercise is for more of a chest exercise, it also incorporates a significant amount of:**
- Glute activation
 - Hamstring power
 - Core rotation
 - Rotator cuff stability
- 117. Which of the following exercises would be most appropriate to work the whole pectoral region?**
- Incline dumbbell press
 - Dual-ball fly
 - Supine dumbbell press and fly
 - Medicine ball chest pass
- 118. How can you increase the activity of the core and glutes while performing the Supine Dumbbell Press and Fly?**
- Lift one leg while performing the exercise
 - Change your hand position with the dumbbells
 - Add weight over the abdominals
 - Shift the ball more under the lower back
- 119. The Dual-ball Fly exercise is a good replacement for which of the following exercises?**
- Chest press
 - Bench press
 - Push-up
 - Pec Deck
- 120. Which of the following exercises is not recommended for a client with shoulder problems?**
- Cable fly
 - Incline dumbbell press
 - Standing two-ball roll-out
 - Dual-ball fly
- 121. What muscle is being worked while performing the Walk-Out to Push-up exercise?**
- Teres major
 - Latissimus dorsi
 - Posterior deltoids
 - Rhomboids

- 122. If, while lowering the body in the Walk-out Into Push-up exercise the client's scapular protrudes or wings, the client should:**
- Roll back until the ball is under the knees
 - Stop the exercise and see a medical professional
 - Flex the lower back to keep the body parallel to the floor
 - Strengthen the subscapularis and serratus anterior muscles before doing this exercise
- 123. When focusing on the Jump-Out to Push-up, but you do not have much strength, what can you do instead?**
- Upload body weight from the hands
 - Try a different exercise
 - Begin with push-ups on the floor instead of the ball
 - Use a DSL ball
- 124. All of the following are appropriate tips and progressions for the Jump Push-up exercise EXCEPT:**
- Push off higher
 - If you are new, use a DSL ball, but then progress to an ABS
 - Push off the ball until the full hand releases
 - Add to the push off by keeping the hands out and elbows extended
- 125. Which of the following is false concerning the benefits of the eccentric loading during the Jump Push-Up exercise?**
- It improves muscle strength
 - It improves reactivity in the core
 - It improves reactivity in the anterior chain
 - It improves reactivity in the shoulders
- 126. Which of the following statements is incorrect when performing the Standing Medicine Ball Press-Away?**
- Stand 3-4 feet away from the wall
 - Place the medicine ball even with the shoulder line
 - Decrease the base of support to progress the exercise
 - Raise the opposite leg of the working arm to add progression
- 127. When performing the Ball Walk-Around exercise, the ball should be:**
- Under the hips
 - Under the feet
 - Under the thighs
 - Under the chest

- 128. When is the movement finished for the Ball Walk-Around exercise?**
- When you have completed a 360-degree circle
 - When you break form
 - When you have completed a 180-degree circle
 - Three complete rotations clockwise and counterclockwise
- 129. During both the setup and finish positions in the Medicine Ball Chest Pass, the arms should be:**
- Flexed in front of the chest
 - Fully extended and level with the chest
 - Fully extended and slightly above chest level
 - Flexed in front of the face
- 130. How can you focus on speed when performing the Medicine Ball Chest Pass?**
- Position partners only two paces apart
 - Throw with more force
 - Use a lighter ball
 - Position partners five paces apart
- 131. The Standing Partner Stability Ball Chest Press begins with a focus on:**
- Multijoint pushing
 - Whole body concentric actions
 - Eccentric phase linked with core stabilization
 - Acceleration in the shoulders
- 132. To focus on correct sequential muscle firing during the Standing Partner Stability Ball Chest Press, the clients should drive from the:**
- Chest first
 - Arms first
 - Hips first
 - Legs first
- 133. When performing the Dip with Medicine Ball or Stability Ball Squeeze, your knees should:**
- Point towards the floor
 - Remain relaxed
 - Stay straight
 - Point forward
- 134. Which exercise focuses on the lower fibers of the pectorals?**
- Dip with Medicine Ball
 - Standing Partner Stability Ball Chest Press
 - Strength Ball Decline Dumbbell Press
 - Supine chest Push t Self Catch

- 135. Which of the following is not a benefit to performing the Supine Chest Push to Self-Catch exercise?**
- It requires varied hand and arm positions
 - It builds up the joints
 - It is predictable
 - It requires core support
- 136. When performing the Push-up Pass exercise, it is important for the partners to:**
- Ask if the partner is ready before returning the ball
 - Increase the speed of the returns to maximize the effort
 - Change to a lighter weight ball as they start to fatigue
 - Make eye contact before returning the ball
- 137. What will increase and accelerate core stability demands when performing the One-Arm Dumbbell Press?**
- Bring the load outside the midline of the body
 - Decreasing the base of support
 - Using a DSL ball
 - Keeping the shoulders on top of the ball
- 138. Which statement is false concerning the Standing-Lying Partner Push-Up and Press exercise?**
- It develops more power than the standing partner chest press
 - It is excellent to help build strength
 - It focuses on muscle reactivity
 - It builds joint stability
- 139. When performing a Prone Row External Rotation exercise, clients with shoulder impingement should:**
- Raise the elbows until they are higher than the back
 - Never perform this exercise
 - Raise the elbows up until they are parallel to the back
 - Keep the elbows slightly below the level of the back
- 140. When performing the Reverse Tubing Fly, you should NOT:**
- Keep the elbow straight
 - Bring the handle up and over your body in an arc
 - Stop above the shoulder for an isometric hold for stronger resistance
 - Stop the handle level with the shoulder when using light tubing

- 141. All of the following are considered progressions for the Reverse Tubing Fly exercise EXCEPT:**
- Use slower movements on both concentric and eccentric phases
 - Use moderate tubing with a narrow base of support
 - Position the ball closer to the anchor using a lighter tube
 - Use heavier tubing and a wide base of support
- 142. In order to extend the length of time the isometric muscle contraction can be held during the Isodynamic Rear Deltoid Raise, the client should:**
- Bend their knees and roll back on the ball about 20 degrees
 - Roll back on the ball to position the ball under the chest
 - Roll forward on the ball about 20 degrees
 - Bend their knees and roll forward on the ball
- 143. If you change your hand position from neutral to palms facing the ceiling during the Supine Lat Pull and Deltoid Raise exercise, you place:**
- More emphasis on the anterior deltoid
 - More emphasis on the posterior deltoid
 - More emphasis on the middle deltoid
 - More emphases on the latissimus dorsi
- 144. The Pullover exercises takes which muscles through a greater range of motion to help improve overhead shoulder extension?**
- Pecs and traps
 - Traps and rhomboids
 - Pecs and latissimus
 - Latissimus and rotator cuff
- 145. The major muscles emphasized during the Prone Front Raise Lateral Fly are the shoulder:**
- Adductors and flexors
 - Abductors and extensors
 - Adductors and extensors
 - Abductors and flexors
- 146. Using an overhand grip with elbows pointing outward when performing the Supine Pull-up emphasizes which of the following muscles?**
- Posterior deltoid and rhomboids
 - Latissimus dorsi and rhomboids
 - Trapezius and rhomboids
 - Posterior deltoid and biceps

- 147. Which exercise will help balance out shoulder mobility while providing strength?**
- Supine Pull Up
 - Prone Front Raise Lateral Fly
 - Seated Rotator Cuff Pull
 - Jump-Out to Push-Up
- 148. What is the most common mistake made during the Seated Rotator Cuff Pull?**
- Keeping the elbow up
 - Trunk rotation to assist in the pull
 - Kneeling on the ball while performing the exercise
 - Keeping the trunk square to the line of pull
- 149. Midway through the movement on one side, the hand should be in what position when preparing to reach the arm overhead during the Prone Medicine Ball Transfer?**
- Supinated
 - Neutral
 - Abducted
 - Pronated
- 150. What do clients begin to do when starting to fatigue during the Prone Medicine Ball Transfer?**
- Spinal extension
 - Spinal flexion
 - Keeping the neck in neutral
 - Lateral trunk flexion
- 151. What muscles are used to initiate drawing the ball back down in the Medicine Ball Athletic-Ready Unilateral Wall Press exercise?**
- Core
 - Pectoralis major
 - Upper back
 - Abdominals
- 152. Why does the Medicine Ball Squat-Away Posterior Chain Wall Hold demand significant strength along the kinetic chain?**
- Because it begins at the strongest joint angle where using a weighted ball will be hard
 - Because it involves a squat movement towards the weight ball
 - Because most individuals do not have good external shoulder rotation range of motion
 - Because the back is kept away from the wall during the exercise

- 153. Most shoulder problems occur because of:**
- Weak posterior musculature
 - Weak and unstable rotator cuff muscles
 - Weak anterior musculature
 - Strong upper and mid-trapezius muscles and weak lower trapezius muscles
- 154. In the Medicine Ball Shoulder-to-Shoulder Pass exercise, the correct preparation for receiving the ball is to:**
- Contract the core, flex the knees and fully extend the arms.
 - Contract the core, flex the hips and flex the arms
 - Flex the knees and fully extend the arms
 - Contract the core, flex the hips and extend the arms
- 155. In order to progress the level of difficulty of the Medicine Ball Shoulder-to-Shoulder Pass, the exercise can:**
- Be performed using one arm
 - Be performed using one arm and balancing on one leg
 - Be performed using a progressively heavier ball
 - Be performed with the partners moving further apart
- 156. The _____ and _____ muscles help to keep the scapular against the rib cage during arm pressing movements and can be worked by performing the _____ exercise.**
- Serratus anterior, infraspinatus; supine pull-up
 - Rhomboids, serratus anterior; scapular push-up
 - Serratus anterior, subscapularis; scapular push-up
 - Serratus anterior, subscapularis; supine pull-up
- 157. Which of the following best explains why doing the Wrap Sit-up exercise on a stability ball is such an effective exercise for strengthening the abs?**
- The stability ball supports the lower back through entire sit-up
 - The set-up position on the ball pre-stretches the abdominals which increases the range of motion
 - Using the stability ball allows for a large variety of hands positions for making the sit-up harder or easier to complete
 - Using a stability ball prevents tucking in the chin as the sit-up is performed
- 158. The Adam's Medicine Ball Ab Lockout exercise works the rectus abdominus as well as the:**
- Abductors
 - External oblique
 - Internal oblique
 - Adductors

- 159. When performing the Supine Lower-Abdominal Cable Curl, the hands should be:**
- On the floor parallel to the rib cage
 - Under the lower back at navel level
 - Behind the head
 - Crossed over the chest
- 160. Which of the following exercises is considered the most advanced lower abdominal exercise?**
- Wrap Sit-up
 - Supine Lower-abdominal Cable Curl
 - Supine Lower-abdominal Curl and Crunch
 - Adam's Medicine Ball AB Lockout
- 161. What is the first thing you should do when performing the Reverse Back Extension exercise?**
- Set your core
 - Extend the hips
 - Extend the legs
 - Activate the glutes
- 162. Which of the following is the final progression in the Reverse Back Extension exercise?**
- Ball on the floor
 - Ball on a bench
 - Hold a dumbbell between the ankles
 - Use a full reverse hyperextension with a cable
- 163. How would you increase the lever arm length when performing the Back-Extension exercise?**
- Slight bend in elbows with thumbs pointing towards the ceiling
 - Hold arms out straight with thumbs pointing towards floor
 - Hold arms out straight with thumbs pointing towards ceiling
 - Slight bend in elbows with thumbs pointing forwards
- 164. What does it mean if you feel the Barbell Hip Extension with Medicine Ball Squeeze in your lower back?**
- The hips are lifting too high
 - The glutes are not engaged properly
 - Your knees are over your toes in the up phase
 - The barbell is too low on the hips

- 165. What is the main difference between the Kneeling Stability Ball Rollout vs. the Stability Ball Reverse Rollout?**
- The height of the barbell in the latter helps engage the posterior shoulder chain
 - The movement is coming from the opposite end thus creating a different mechanical challenge
 - The hold time between the two once fully extended is different
 - The latter does not work the core
- 166. Which of the following is not a proper progression recommendation for the Hanging Knee Raise with Medicine Ball?**
- Lift the knees higher
 - Pause at the top
 - Squeeze the ball harder
 - Keep the knees straight
- 167. The Abdominal Side Crunch exercise focuses on which of the following muscles?**
- External and internal obliques
 - Rectus abdominis and obliques
 - Obliques and erector spinae
 - Quadratus lumborum and obliques
- 168. Which of the following is not a recommended progression for the Ball Sit-Up to Medicine Ball Pass?**
- Decrease the length of partner A's levers
 - Increase the tempo of the throw
 - Increase the rep count
 - Increase the sit-up speed
- 169. _____ contractions, which occur when the muscle _____, are stronger than _____ contractions, which occur when the muscle _____.**
- Eccentric, lengthens; concentric, shortens
 - Isometric, lengthens; concentric, shortens
 - Isometric, shortens; concentric, lengthens
 - Eccentric, shortens; concentric, shortens
- 170. Which of the following exercises would be the best recommendation for a client who wants to increase the lifting strength of the biceps muscles?**
- Eccentric accentuated biceps curl
 - Standing biceps curl
 - Scapular push-up
 - Medicine ball walk-over

- 171. When performing the Incline Triceps Extension, it is important to keep the elbows pointing straight up in order to:**
- Emphasize the short head of the triceps
 - Isolate the triceps muscle
 - Protect the elbow joint from injury
 - Use the biceps as well the triceps
- 172. Which statement is false concerning the Overhead Medicine Ball Wall Bounce?**
- Stand 4-5 ft. away from the wall
 - Hold the medicine ball overhead with elbows flexed
 - Rapidly extend the elbows to release the ball
 - The momentum of the ball off the wall provides a ballistic stretch to the triceps
- 173. Which of the following exercises would be considered the most advanced?**
- Medicine ball push-up and pass
 - Medicine ball push-up
 - Triceps blaster
 - Medicine ball walk-over
- 174. Which of the following best describes the correct setup for the Medicine Ball Push-Up exercise?**
- Body in a straight line from ankles to shoulders, hands touching
 - Body in a straight line from ankles to shoulders, hands at 3:00 and 9:00
 - Body in a prone position with hips slightly elevated, hands touching
 - Knees on the floor, hands at 3:00 and 9:00
- 175. One of the major differences between the Medicine Ball Push-up exercise and the Medicine Ball Walk-over exercise is:**
- The medicine ball push-up is always performed with the feet together
 - The medicine ball walk-over is always performed as a plyometric exercise
 - The medicine ball walk-over is always performed with only one hand on the ball
 - The medicine ball walk-over uses more muscle groups
- 176. When power-over movement is added to the Medicine Ball Walk-over exercise, it becomes a(n) _____ exercise.**
- Static
 - Plyometric
 - Dynamic
 - Isometric

- 177. Strengthening exercises for the wrist have frequently been omitted from strength programs because it was thought:**
- The muscles of the wrist get strengthened enough during other gripping exercises
 - The wrist joint is fragile and easy to injure
 - The muscles of the wrist don't need to be as strong as the other muscles of the arm
 - Exercises from the wrist take too much time
- 178. When performing the Medicine Ball Quick Drop and Catch exercise, the partner positioned to catch the ball should have their hands in a _____ position and their elbows at a _____.**
- Pronated; 45-degree angle
 - Supinated; 90-degree angle
 - Pronated; 90-degree angle
 - Supinated; 45-degree angle
- 179. How would you accentuate stability when performing the Prone Stability Ball Three-Way Hip Drill?**
- Pause at each of the three positions
 - Pull the knee in as far as you can
 - Secure a longer range of motion in the lunge
 - Lift the heel as high as you can
- 180. Who created the BOSU device?**
- Lorne Goldenberg
 - Peter Twist
 - David Weck
 - Michael Goldy
- 181. The Walking Lunge with Overhead Medicine Ball Rotation encompasses all of the following movements EXCEPT:**
- Circumduction
 - Flexion
 - Extension
 - Rotation
- 182. Which is not a proper setup step for the Angle Lunge with Horizontal Medicine Ball Rotation?**
- Abduct the hip to 30-40-degrees
 - Position the front leg so the tibia is horizontal to the floor
 - If the left leg is in front, the ball will be held with core rotated to the left
 - Arms are extended straight out at chest height

- 183. Which is not one of the pillars of functional performance?**
- a. Movement
 - b. Stability
 - c. Balance
 - d. Endurance
- 184. Which is not a proper movement during the Medicine Ball Romanian Deadlift to Overhead Extension exercise?**
- a. Push hips forward
 - b. Engage the core
 - c. Shift weight to heels
 - d. Do not allow knees to bend any further than the original athletic posture
- 185. Which is not a proper progression or tip recommendation for the Medicine Ball Romanian Deadlift to Hip Flexion exercise?**
- a. Switch to a heavier dumbbell
 - b. Do not flex forward
 - c. Look as if the legs are unsynchronized
 - d. Do not flex forward as you bring your hip up
- 186. Which is an incorrect movement cue for the Squat to Ballast Ball to Romanian Deadlift exercise?**
- a. Squat and rest on the ball for 3-4 secs.
 - b. Keep chest up
 - c. Keep shoulders depressed
 - d. Keep spine fully locked
- 187. The Ax Chop with Hip Flexion ties in a functional line that includes all of the following EXCEPT:**
- a. Rectus femoris
 - b. Left hip adductor
 - c. psoas
 - d. Right internal oblique
- 188. Once you feel comfortable with a moderate speed while performing the Ax Chop with Hip Flexion, you should progress to:**
- a. More explosive movements
 - b. Longer hold times
 - c. Slower speeds for balance focus
 - d. Heavier weights

- 189. How is success determined in the movement performed for the Medicine Ball Overhead Lateral Bounce to Floor exercise?**
- The force applied to the ball
 - The speed in catching the ball
 - The angle needed to receive the ball
 - The skill used in catching the ball
- 190. What is the most integrated explosive medicine ball exercise you can perform?**
- Medicine Ball Overhead Lateral Bounce to Floor
 - Medicine Ball Overhead Jump and Throw
 - Medicine Ball Throw Two-Leg Jump to Single-Leg Lateral Land
 - Medicine Ball Circuit
- 191. What is the heaviest medicine ball that is recommended for a safe and effective progression in the Medicine Ball Overhead Jump and Throw?**
- 12-15 lbs.
 - 25-30 lbs.
 - 11-13.5 lbs.
 - 5.5-6.5 lbs.
- 192. The Medicine Ball Throw Two-Leg Jump to Single-Leg Lateral Land exercise involves all of the following EXCEPT:**
- Power in the sagittal plane
 - Deceleration
 - Power in the horizontal plane
 - Coordination
- 193. Which is not included in the Medicine Ball Circuit?**
- Medicine Ball Throw Two-Leg Jump to Single-Leg Lateral Land
 - Overhead Lateral Side Bend
 - Standing Twist
 - Ax Chop with Hip Flexion
- 194. How long should you rest once you have completed one full mini Medicine Ball circuit?**
- 60-120 secs.
 - 30-60 secs.
 - 3-5 mins.
 - 15-45 secs.

- 195. The Spinal Extension stretch should be held for ___ to ___ seconds because this stretch can cause _____.**
- 15 to 30; hyperextension of the shoulder
 - 8 to 15; cramping in the neck
 - 15 to 30; dizziness
 - 8 to 15; dizziness
- 196. Spinal extension on the ball places a safe stretch on:**
- Posterior spinal ligaments
 - Erector spinae muscles
 - Lateral spinal ligaments
 - Anterior spinal ligaments
- 197. How far away from the wall should the ball be placed for the Lateral Side Stretch?**
- 3-4 feet
 - 3-4 inches
 - Until the legs are fully stretched
 - 6 feet
- 198. When performing the Standing Hamstring stretch, which of the following best describes how to focus the stretch on the different heads of the hamstrings?**
- Press the heel into the ball with varying amounts of pressure
 - Flex and extend the knee slightly
 - Point the toes in and out
 - Rock the foot from side to side
- 199. Which statement is incorrect for the Standing Hamstring Stretch?**
- Hold for 30-60 secs
 - Perform 3-5 static stretches
 - Perform 2-3 sets of the 3-4 PNF stretches
 - Point the toes in and out to focus on different heads of the hamstrings
- 200. Flexing forward at the end of the range of motion while performing the Kneeling Posterior Shoulder Stretch places a greater stretching on the posterior fibers of what muscles?**
- Trapezius
 - Deltoids
 - Pectoralis major
 - Latissimus dorsi

- 201. What is the key to success when performing the Stability Ball Thoracic Mobility stretch?**
- To avoid dipping the lower back
 - To move the body as a single unit
 - To reach the edge of your range of motion
 - To be even on both sides
- 202. Which of the following is incorrect when performing the Rainbow Squat?**
- Reach the medicine ball outside to the body to encourage lateral torso flexion
 - Reestablish new setup positions as the range of motion opens up
 - Let the hips lead
 - Initial the pull at the hips
- 203. To increase the stretch on the shoulder when performing the Standing Lat and Pectoral stretch, the client should:**
- Press into the ball harder
 - Place their forearm on the ball
 - Lunge forward slightly
 - Lean forward into the ball
- 204. For the Standing Lat and Pec Stretch, how many dynamic stretches should be performed in each set?**
- 3-5
 - 5-10
 - 20-30
 - 10
- 205. How long should you warm up in order to raise your body temperature in preparation for your strength ball program?**
- 5-8 mins.
 - 10-15 mins.
 - 2-3 mins.
 - 2-5 mins.
- 206. When considering program development, all of the following need to be considered EXCEPT:**
- Experience of the trainer
 - Sport played by client
 - Client's injury history
 - Gender

- 207. When considering training age, what two types of training are included in the calculation?**
- Resistance and power training
 - Agility and balance training
 - Resistance and balance training
 - Cardio and strength training
- 208. What will dictate your future success with your training program?**
- Sets
 - Progressions
 - Reps
 - Experience
- 209. The Stability and Balance Injury Prevention program focuses on all of the following EXCEPT:**
- Lever loading through the arms
 - Instability applied overhead
 - Stability from the ground up
 - Increased muscle activity across the joints
- 210. What is the key to proper gait patterns?**
- Whole-body balance and joint stability
 - Mobility and movement skills
 - Strong core and balance
 - Freedom of motion
- 211. How often should each exercise be repeated before moving to the next one in the Stability and Balance program?**
- Twice
 - Once
 - Three times
 - Four times
- 212. All of the following are suggested exercises for the Stability and Balance program EXCEPT:**
- Supine push and drive
 - Prone medicine ball transfer
 - Dual-ball survival rollout
 - Rainbow squat
- 213. When performing the Freedom of Motion program, how much rest should you take before moving to the next exercise?**
- As much as you need
 - 2-3 mins.
 - 1-3 mins.
 - 3-5 mins.

- 214. What are the primary goals with the Freedom of Motion program?**
- a. Skilled movement and mobility
 - b. Injury prevention
 - c. Fat loss and injury prevention
 - d. Stability and balance
- 215. Which exercise is not a part of the Freedom of Motion program?**
- a. Rainbow squat
 - b. Ax chop with hip flexion
 - c. Stability ball single-leg squat
 - d. Walking lunge with overhead medicine ball rotation
- 216. How many supersets are in the Power Conditioning program?**
- a. 1
 - b. 2
 - c. 3
 - d. 4
- 217. How many supersets are in the Abs and Butt program?**
- a. 4
 - b. 3
 - c. 2
 - d. 1
- 218. The Body Reset program includes all of the following exercises EXCEPT:**
- a. Barbell hip extension with medicine ball squeeze
 - b. Prone balance
 - c. Dip with medicine ball
 - d. Prone row external rotation
- 219. Which program focuses on maximizing full-body movement by enhancing mobility and flexibility?**
- a. Strength
 - b. Body Reset
 - c. Freedom of Motion
 - d. Stability and Balance
- 220. Which statement is false concerning the Strength program?**
- a. All movements are meant to be moderate tempo
 - b. Tension should be felt throughout the range of motion
 - c. It is focusing on the foundation of everything the body attempts to achieve in movement
 - d. Momentum should be avoided during the exercises

- 221. What is “compounding?”**
- a. Performing two sets of an exercise with minimal rest in between
 - b. Working the same muscle group with two continuous exercises
 - c. Working alternating muscle groups in two different exercises with minimal rest in between
 - d. Working quickly through exercises in order to raise body temperature and heart rate
- 222. At what age is it recommended for children to start a progressive program focusing on the fundamentals in the gym?**
- a. 7
 - b. 9
 - c. 14
 - d. 12
- 223. What time frame in the 16-week program is crucial to perform the exercises properly and regularly to help ensure your success in the entire program?**
- a. First 4-6 weeks
 - b. Weeks 5-7
 - c. Weeks 7-10
 - d. The last 4-6 weeks
- 224. What are the two components that can dictate the direction of your program?**
- a. Sets and reps
 - b. Supersets and tempo
 - c. Tempo and rest
 - d. Fatigue and repetitions
- 225. Which exercise has rest periods of 2-minutes in Weeks 1-4 of the 16 week program?**
- a. Bridge T fall-of
 - b. Back extension
 - c. Hip extension and knee flexion
 - d. Supine pull-up