

Stronger Arms & Upper Body

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Learning Objectives

After reading *Stronger Arms and Upper Body*, the participant will be able to:

1. Understand the importance of upper body strength
2. Understand how to target various muscles based on their location and attachments
3. Properly perform target training of various muscles
4. Understand and properly utilize the principles of intensity, volume, frequency, and variety.
5. Understand and be able to avoid overtraining
6. Design various training design programs such as the split programs
7. Utilize proper mode, repetition ranges, resistance, and rest periods for your clients
8. Understand and incorporate proper warm-up and flexibility exercises into your strength training programs
9. Properly execute various exercises for the upper body
10. Understand super-setting , drop sets, rest-pause sets, partial reps and forced reps
11. Gain knowledge in the area of slow-rep training, ballistic training, negatives, variable speed, and static contractions.
12. Design pyramid sets
13. Understand the application of pre-exhaustion
14. Be able to properly design a mass-building program vs. a strength program, vs. a 'get-lean' program
15. Properly troubleshoot issues in your client's program.



CEC/CEU Test for Stronger Arms and Upper Body

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

1. Which head of the pectoralis major is the larger head?
 - A. Clavicular head
 - B. Abdominal wall
 - C. Sternal Head
 - D. Shoulder to the left and right of the sternum

2. The best way to target the lower part of the sternal head of the pectoralis major is by:
 - A. Performing chest presses and an incline of 15-45 degrees
 - B. Performing chest flyes at a decline of 15-45 degrees
 - C. Performing chest presses on a flat bench
 - D. Performing cross overs on a flat bench

3. When the client lifts the shoulders off the bench while performing bench presses, the muscles being targeted are the:
 - A. Pectoralis minor and serratus anterior
 - B. Pectoralis major and serratus anterior
 - C. Pectoralis minor and the sternal head of pectoralis major
 - D. Serratus anterior and latissimus dorsi

4. The _____ muscle increases the thickness of the middle back while the _____ muscles increases the width of the back.
 - A. Trapezius, erector spinae
 - B. Latissimus dorsi, erector spinae
 - C. Rhomboids, latissimus dorsi
 - D. Latissimus dorsi, teres major

5. In order to focus on the teres major muscle, one must:
 - A. Perform wide grip pull ups
 - B. Perform narrow grip pull downs
 - C. Perform rowing exercises
 - D. Perform wide grip bench press

6. When exercising the lower back:
- A. Focusing on specific muscles is important for proper low back strength
 - B. The erector spinae is very hard to isolate
 - C. Avoid back extensions because they are dangerous to the discs of the back
 - D. Focusing on specific muscles is unnecessary
7. Which muscle of the shoulder is often over developed thus created a muscle imbalance?
- A. Supraspinatus
 - B. Teres Minor
 - C. Teres Major
 - D. Anterior Deltoid
8. Upright rows engage which muscle?
- A. Middle deltoids
 - B. Anterior deltoids
 - C. Upper trapezius
 - D. Posterior deltoids
9. When performing barbell shrugs, the client is:
- A. Isolating middle deltoid by deactivating the shoulder joint muscles
 - B. Deactivating movement at the shoulder girdle muscles, thus focusing more attention on the shoulder joint muscles.
 - C. Deactivating movement at the shoulder joint, thus focusing more attention on the shoulder girdle muscles
 - D. Overtraining the anterior deltoid muscle
10. In order to work the medial head of the triceps, the client must:
- A. Use a reverse grip when performing triceps press downs
 - B. Use a neutral grip when performing bench press
 - C. Use a close grip when performing bench press
 - D. Use a close grip when performing triceps press downs
11. Which grip should be used in order to work the short head of the biceps?
- A. The neutral grip as in hammer curls
 - B. The narrow grip while performing a bicep curl
 - C. The wide grip while performing a bicep curl
 - D. The narrow grip while performing a hammer curl
12. The exercise that uses the brachioradialis as a primary mover is:
- A. Bicep curl with hands supinated
 - B. Hammer curl with hands in neutral
 - C. Reverse curl with hands pronated
 - D. Bicep curl with hands pronated

13. The muscles that make up the SITS acronym in order from most superior to most inferior on the shoulder are:
- A. Subscapularis, Infraspinatus, Teres Minor, Supraspinatus
 - B. Supraspinatus, Infraspinatus, Teres Major, Subscapularis
 - C. Supraspinatus, Infraspinatus, Teres Minor, Subscapularis
 - D. Subscapularis, Infraspinatus, Teres Major, Supraspinatus
14. The reverse grip refers to:
- A. A pronated hand position in all exercises
 - B. A supinated hand position in most exercises
 - C. A pronated hand position in most exercises
 - D. A supinated hand position in all exercises
15. The intensity of a set:
- A. Should always be in kilograms
 - B. Should be the same for all
 - C. Is safest if not quite to failure
 - D. The amount of weight lifted
16. Training to failure:
- A. Is the only way to increase hypertrophy
 - B. Does not affect the repetitions
 - C. Can lead to overtraining if done too often
 - D. Must be done by the third set
17. Volume can be defined as:
- A. Sets and reps combined
 - B. Sets, reps, and weight combined
 - C. Total number of sets including the warm up
 - D. Sets and weight combined
18. Hypertrophy is best achieved by:
- A. Performing 9-20 sets for larger muscles
 - B. Performing low volume, high intensity programs
 - C. Performing up to 16 sets for larger muscles
 - D. Performing up to 20 sets for smaller muscles
19. Powerlifters should:
- A. Should perform fewer sets to add strength than they should to add size
 - B. Should perform more sets to add strength than they should to add size
 - C. Should perform up to 20 sets for larger muscles
 - D. Should perform up to 16 sets for smaller muscles
20. The first thing a lifter should focus on in order to decide how often to work out is:
- A. Hypertrophy
 - B. Soreness
 - C. Goals
 - D. Specificity

21. In order to prevent plateaus in strength training, the client should:
- A. Change the routine every 2 weeks
 - B. Use periodization for a year or more
 - C. Work small muscles to large muscles to change up the exercise order
 - D. Change the sets and reps, but keep the rest the same for injury reduction
22. Training with too many sets, weights, and reps can lead to:
- A. Increased levels of testosterone
 - B. Increased levels of anabolic hormones
 - C. Increased levels of growth hormone
 - D. Increased levels of cortisol
23. Muscle groups that are commonly overtrained include all of the following EXCEPT:
- A. Chest and rotator cuff
 - B. Rotator cuff and biceps
 - C. Chest and biceps
 - D. Trapezius and rhomboids
24. Which training split programs requires training 3 days per week for all muscles?
- A. Three day split
 - B. Whole body split
 - C. Twice per day split
 - D. Split extensions
25. When considering muscle matching, all of the following must be taken into account EXCEPT:
- A. Strengths of muscles
 - B. Frequency of training
 - C. Level of the client
 - D. When to train larger vs. smaller muscles
26. An advantage of using machines to strength train is:
- A. You can overload the muscle safely with more weight
 - B. You use more stabilizing muscles
 - C. You must create your own range of motion
 - D. They are bi-angular
27. Compound exercise are:
- A. Exercises where one joint is involved
 - B. Exercises where multiple joints are involved
 - C. Exercises that allow for constant tension throughout the range of motion
 - D. Also known as isolation exercises
28. Considerations for exercise order include all of the following EXCEPT:
- A. Always perform compound exercises before isolation exercises
 - B. Always perform free weight exercises before machine exercises
 - C. Always work the weaker muscles first
 - D. Always perform dumbbell exercises before barbell exercises

29. If strength is your primary goal, you should:
- A. Perform 8-12 reps per set
 - B. Keep your sets between 3-6
 - C. Use relatively heavy weight for 8-12 reps
 - D. Rest 2-3 minutes between sets
30. In order to perform the barbell bench press correctly, the client should:
- A. Begin with the bar directly over the pectoral muscles
 - B. Never bring the feet up in the air since this could lead to an injury
 - C. Perform the exercise towards the middle of their workout
 - D. Use a narrow grip to focus intensity on the lower pectorals
31. The Smith Machine Press:
- A. Can be substituted with the cable cross over
 - B. Can be performed in a decline to focus on the lower pecs
 - C. Allows you to move the weight along a predetermined path
 - D. Should be performed near the end of your upper body workout
32. To perform the Machine press correctly, the client must do all of the following EXCEPT:
- A. Perform after barbell exercises but before fly movements
 - B. Substitute periodically with the Smith machine
 - C. Perform on an exercise ball for beginners for variety and core muscle focus
 - D. Use the weight stack to perform drop sets
33. The push up is:
- A. An excellent warm up exercise
 - B. An excellent way to focus intensity on the entire pectoralis muscle
 - C. Increased with intensity by placing feet on a chair
 - D. Decreased in difficulty by placing hands on an unstable surface
34. An exercise that focuses on the middle pectoralis muscles and should be done early in the workout is:
- A. Push up
 - B. Dumbbell fly on a flat bench
 - C. Cable fly
 - D. Dumbbell press on a flat bench
35. To properly execute the dumbbell fly on the flat bench, the client should:
- A. Stop about 12 inches before the dumbbells touch to make it more challenging
 - B. Perform in the middle of the workout after the pectoralis is warmed up
 - C. Cross the dumbbells over each other slightly at the top of each rep to make it more Advanced
 - D. Pronate the hands at the top of the exercise
36. To perform the cable fly in an advance mode, the client should:
- A. Perform the exercise at an incline
 - B. Cross his hands so the wrist touch
 - C. Perform the exercise at a decline
 - D. Keep the elbows fully extended

37. The difference between the dumbbell fly, the cable fly and the machine fly is:
- A. All are performed at the end of the workout except the dumbbell fly
 - B. All work the outer and inner pecs except the cable fly
 - C. Only the machine fly requires the elbows to be slightly bent
 - D. All are performed in the supine position except the machine fly
38. The dumbbell press on the exercise ball is:
- A. Best performed at a 45 degree angle in order to focus on the lower pectorals
 - B. An exercise that is excellent for lesser experienced exercisers
 - C. An exercise that should be done early in the workout
 - D. Best performed with the wrist in neutral in order to make it more advance
39. To properly perform the exercise ball dumbbell fly for the advanced exerciser, one should:
- A. Keep both feet on the floor in order to make it more challenging
 - B. Lower the hips so the trunk is at a 45 degree angle to focus on the upper pectoralis
 - C. Lower the weights to 15 degrees below shoulder level
 - D. Use a wide grip
40. An exercise that requires you to lower your body until your elbows are at a 90 degree angle is the:
- A. Dumbbell fly
 - B. Dumbbell pullover
 - C. Assisted dip machine
 - D. Dumbbell press
41. An exercise that should be performed after pressing exercises, but before fly movements is:
- A. Machine fly
 - B. Push ups
 - C. Dumbbell pullover
 - D. Dip wide grip
42. In order to perform the dumbbell pull-over as an advanced exercise, the client should:
- A. Use a neutral grip on two lighter dumbbells after reaching failure
 - B. Use a supinated grip on two lighter dumbbells after reaching failure
 - C. Lower the dumbbell slightly beyond the point at which you feel a stretch in the pectorals
 - D. Lower the hips to a 45 degree
43. The incline barbell press:
- A. Should not be performed if you have mild shoulder problems
 - B. Should be modified if you have mild shoulder problems
 - C. Should be performed in the middle of the workout
 - D. Works the entire pectoralis muscle

44. The incline barbell press, incline machine press, and the Hammer Strength upper chest press are all substitutes for the:
- A. Incline dumbbell press
 - B. Cable fly flat bench
 - C. Flat bench press
 - D. Push ups
45. Which muscles are the focus of the incline dumbbell fly exercise?
- A. Upper and outer fibers of the pectoralis minor
 - B. Lower and sternal fibers of the pectoralis minor
 - C. Upper and outer fibers of the pectoralis major
 - D. Lower and sternal fibers of the pectoralis major
46. In order to best work the lower pectoralis major fibers, your client should perform:
- A. Cable cross over
 - B. Incline cable cross over
 - C. Incline barbell press
 - D. Decline barbell press
47. The decline dumbbell press is best performed:
- A. After decline exercises
 - B. Before flat pressing exercises
 - C. After fly exercises
 - D. Before fly exercises
48. Proper execution of the decline dumbbell fly includes all of the following EXCEPT:
- A. Maintain a 80 degree bend in the elbows as you lower the weights
 - B. Lower the weight until you feel a stretch in the pectoralis muscle
 - C. Squeeze the pectoralis the most at the top of the exercise
 - D. Decrease the angle of the bench in order to work the middle of the pectoralis muscle
49. In order to focus on the upper Clavicular fibers of the pectoralis muscle, the client should:
- A. Pull the handles to belly button level
 - B. Set the pulley at the bottom position of the machine
 - C. Set the pulley at the middle position of the machine
 - D. Pull the handles to nipple level
50. In order to properly perform the lat pull-down exercise, the client should:
- A. Pull the bar in front of the head to chin level, especially if he has shoulder problems
 - B. Pull the bar in front of the head to chest level, especially if he has shoulder problems
 - C. Always pull the bar behind the head in order to focus on the vertebral fibers of the latissimus dorsi
 - D. Pull the bar behind the head in order to work the trapezius and rhomboid fibers

51. Two exercises that work the upper fibers of the latissimus dorsi are:
- A. Lat pull down reverse grip and pull up wide grip
 - B. Pull up close grip and assisted pull up
 - C. Pull up wide-grip and assisted pull up
 - D. Dumbbell straight arm pull back and pull up close grip
52. Why would a client want to use the neutral grip on the assisted pull up?
- A. To add variety
 - B. To make it easier
 - C. To make it harder
 - D. To focus on the middle lats
53. The reverse grip in the lat pull down means:
- A. A pronated grip
 - B. A supinated grip
 - C. The upper lats will be worked
 - D. The middle lats will be worked
54. When performing the pull up close grip, the chin-up grip is:
- A. Not recommended because of the pressure on the rotator cuff
 - B. Used with parallel pull-up bars
 - C. Is used to make the exercise more challenging
 - D. Also called the underhand grip
55. If you are standing facing the weight stack, grasping a pulley bar just above shoulder level and extending the shoulder to lift the weights, you are performing a:
- A. Machine fly
 - B. Straight arm cable pull-down
 - C. Lat pull down
 - D. Seated cable row
56. The dumbbell straight arm pull back is best performed at the end of the workout because:
- A. It is a larger muscle group
 - B. It is more of a compound exercise rather than an isolation exercise
 - C. Dumbbell exercises should be performed towards the end of the workout
 - D. Because it adds variety
57. All of the following muscles are worked during a barbell bent-over row EXCEPT:
- A. Lower latissimus dorsi
 - B. Middle trapezius
 - C. Levator scapula
 - D. Rhomboid minor
58. An underhanded grip on the Smith Machine bent-over row:
- A. Is not advised if you have shoulder problems
 - B. Is the normal grip for this exercise
 - C. Makes the exercise more advanced
 - D. Focuses on the lower latissimus dorsi fibers

59. To properly execute the dumbbell bent-over row, your client should:
- A. Bend at the hips so the torso is slightly above parallel
 - B. Bend the knees so they are at parallel
 - C. Bend the waist so the torso is below parallel
 - D. Bend the waist so the torso is at parallel
60. Three exercises that work the lower latissimus dorsi, rhomboids, and middle trapezius are the:
- A. One-arm dumbbell row, barbell bent over row with hands with the grip at shoulder width, and the incline dumbbell row.
 - B. One-arm dumbbell row, barbell bent over row with hands in a wide grip, and pull up close-grip
 - C. Barbell bent over row with hands in a wide grip, low pulley one-arm cable row, machine row
 - D. Barbell bent over row with hands in a wide grip, one-arm dumbbell row, low pulley one-arm cable row
61. To add stability to the Smith Machine one-arm row, one should:
- A. Plan the feet in a straddle stance
 - B. Add a flat bench perpendicular to the bar
 - C. Keep knees bent to 75 degrees
 - D. Add a flat bench parallel to the bar
62. Placing your feet on the bench during an incline dumbbell row will:
- A. Increase your risk of injury
 - B. Help you focus more on the lower latissimus muscle fibers
 - C. Train the core muscles
 - D. Change the angle of pull to work the rhomboid major
63. A good substitute for the seated cable row is the:
- A. Machine row because it targets the lower trapezius
 - B. T-bar exercise because it targets the middle trapezius
 - C. One-arm dumbbell row because it is a compound exercise
 - D. Low pulley one-arm cable row because the angle of pull is similar
64. Proper execution of the low pulley one-arm cable row include all of the following EXCEPT:
- A. Pull the handle to chest level
 - B. Torso should be at a 45 degree angle to the floor
 - C. The palm of your hand should be facing inward when the arm is extended
 - D. Place your non-working hand on your thigh for stability
65. The proper grip for the T-bar row is:
- A. Neutral grip
 - B. Supinated grip
 - C. Pronated grip
 - D. Underhand grip

66. Muscles worked while performing the supported T-bar exercise includes all of EXCEPT:
- A. Middle latissimus dorsi
 - B. Rhomboid major
 - C. Rhomboid minor
 - D. Middle trapezius
67. In order to target the upper latissimus muscle fibers on the machine row, one should:
- A. Raise the seat and use a wide grip
 - B. Lower the seat and use a wide grip
 - C. Lower the seat and use a narrow grip
 - D. Raise the seat and use a narrow grip
68. To properly perform the back extension exercise, the client should do all of the following EXCEPT:
- A. Begin with the upper body and lower body in alignment
 - B. Hold a weight plate across your chest for more resistance
 - C. Perform the exercise on a flat bench for variety
 - D. Bend at the hips in order to incorporate the entire erector spinae muscle group
69. Back extensions on the machine should be:
- A. Performed with a drop set where 10-20% is dropped off the weight stack
 - B. Adjust the pad behind the back in various positions in order to focus on the entire erector spinae muscle group
 - C. Performed at the end of the workout
 - D. Use your hands to push the pad on the initial repetition to ensure stability
70. In order to perform the lying back extension, your client should be:
- A. In the supine position
 - B. In the prone position
 - C. In the flexed position
 - D. In the inverted position
71. The upper trapezius muscle should be:
- A. Trained after the deltoid group because it is bigger than the deltoids
 - B. Trained before the deltoid group because it is smaller than the deltoids
 - C. Trained after the deltoid group because it is smaller than the deltoids
 - D. Trained before the deltoid group because it is bigger than the deltoids
72. Which exercise focuses on the posterior deltoid muscle?
- A. Dumbbell overhead press
 - B. Smith machine overhead press
 - C. Dumbbell bent over lateral raise
 - D. Barbell overhead press

73. When performing overhead press exercises, a beginner or intermediate lifter should not:
- A. Perform the exercises standing
 - B. Use a wider than shoulder width grip when using a bar
 - C. Lower the bar to chin level
 - D. Perform the exercise early in the workout
74. When performing the machine overhead press, one should:
- A. Maintain the overhand grip
 - B. Lock the elbows in order to activate the triceps brachii
 - C. Sit backward on the seat in order to emphasize the middle deltoid fibers
 - D. Lower the weight faster than lifting the weight to emphasize the anterior deltoid fibers
75. If your wrists are aggravated while performing barbell upright rows, you should:
- A. Discontinue the exercise
 - B. Use a narrow grip
 - C. Use a wider grip
 - D. Use an E-Z bar
76. In order to perform the dumbbell upright row correctly, you should:
- A. Start with the dumbbells in line with the thigh in order to work the middle deltoid fibers
 - B. Raise the elbows past parallel to the floor
 - C. Raise the elbows only to shoulder level
 - D. Rotate the hands in order to work the posterior deltoid muscle fibers
77. The cable upright row:
- A. Should be done late in the workout
 - B. Should be done after the overhead press
 - C. Should be eliminated if the wrist are aggravated
 - D. Should be performed with the bar lifted to chest level
78. The Smith machine upright row works all the following muscles EXCEPT:
- A. Lower trapezius
 - B. Middle deltoid
 - C. Anterior deltoid
 - D. Upper trapezius
79. The proper hand position for starting the Arnold press is:
- A. Away from you
 - B. Supinated
 - C. Pronated
 - D. Neutral
80. To increase the challenge when performing the dumbbell lateral raise, you can:
- A. Pause at the top
 - B. Lift the arms past parallel
 - C. Perform the cable lateral raise
 - D. Perform the exercise seated

81. Which statement is true?
- A. The cable lateral raise can only be performed one arm at a time
 - B. The barbell upright row is an ideal substitute for the dumbbell lateral raise
 - C. Passing parallel with your arms in relation to the floor will weaken the muscle
 - D. The client should grab the handle with the hand farthest away from the machine when performing the cable lateral raise.
82. Machine lateral raises are:
- A. Best for beginners
 - B. Best early in the workout
 - C. Best performed with a shoulder shrug first prior to lifting the weight
 - D. Able to be done facing forward or backward in the machine
83. Substitutes for the dumbbell front raise include:
- A. Prone incline barbell raises late in the workout
 - B. Dumbbell front raises early in the workout
 - C. Incline barbell front raises mid-workout
 - D. Machine lateral raises late in the workout
84. The proper grip for the barbell front raise is:
- A. Shoulder width underhand grip
 - B. Narrow width overhand grip
 - C. Shoulder-width overhand grip
 - D. Narrow width underhand grip
85. Proper execution of the incline barbell front raise includes all of the following EXCEPT:
- A. Lift the bar until your arms are parallel to the floor
 - B. Keep the elbows extended
 - C. Use the neutral grip if using dumbbells
 - D. Use a shoulder width overhand grip
86. Another upper body muscle group that can be performed in the same workout with the prone incline barbell front raises would be:
- A. Triceps
 - B. Chest
 - C. Trapezius
 - D. Rhomboids
87. To properly execute the cable front raise, one should:
- A. Attach the pulley 24 inches above the floor
 - B. Face away from the weight stack
 - C. Perform the exercise midway through your workout
 - D. Lift the arms just below parallel

88. The dumbbell bent over lateral raise should be performed by:
- A. Flexing the elbows while lifting the arms parallel to the floor
 - B. Rotating the wrist forward while lifting the weight in order to make it more advanced
 - C. Rounding the back as you lift the weight to the top of your movement
 - D. Flexing at the waist about 45 – 90 degrees
89. Which of the following is true concerning the dumbbell bent over lateral raise and the cable bent over lateral raise?
- A. The proper angle of the body is more flexed in the cable bent over lateral raise
 - B. The dumbbell bent over lateral raise angle of pull incorporates the posterior deltoid fibers
 - C. Both exercises can be performed with both arms at the same time
 - D. Both exercises should be performed in the middle of your workout
90. To properly execute the cable reverse fly, the client should:
- A. Cables should be attached with the handles just above shoulder height
 - B. Begin with your hands at shoulder level
 - C. Move the pulleys up or down in order to incorporate the trapezius
 - D. Perform the exercise one arm at a time by moving further away from the machine
91. Which statement is false about the machine reverse fly?
- A. Working one arm at a time can increase focus intensity on the rear deltoids
 - B. The seat should be adjusted so the handles are at shoulder height
 - C. A disadvantage to the reverse fly is the limited grip positions
 - D. This machine can double as a chest fly exercise
92. All of the following are correct steps in performing the cross-body rear deltoid exercise EXCEPT:
- A. Lift the top arm while lying on your side
 - B. Keep the elbow tucked into the body
 - C. Incorporate core muscles by lying on an exercise ball
 - D. Perform this exercise late in the workout
93. Barbell shrugs:
- A. Use a supinated grip
 - B. Work the upper trapezius fibers
 - C. Can be performed with a narrow grip to utilize the inner trapezius fibers
 - D. Should always be performed with the bar in front of the body for safety
94. Using one dumbbell while performing the dumbbell shrug will:
- A. Increase the risk of injury
 - B. Incorporate core muscles
 - C. Incorporate the rear deltoids
 - D. Help to ensure that you do not use your legs

95. To fully incorporate the upper trapezius muscle fibers while performing the Smith machine shrug, the client should:
- A. Use a shoulder width underhanded grip
 - B. Use a shoulder width supinated grip
 - C. Use a narrow width over-handed grip
 - D. Use a shoulder-width over-handed grip
96. The main difference between the Smith machine shrug and the cable shrug is:
- A. The angle of pull
 - B. The grip of the bar/handle
 - C. The muscle being worked
 - D. The timing during the workout
97. To properly perform the prone incline dumbbell shrug, the client should:
- A. Perform at the end of the workout but before training deltoids
 - B. Raise the bench above a 45 degree angle to work the lower trapezius
 - C. Raise the bench above a 45 degree angle to work the upper trapezius
 - D. Not lift the shoulders off the bench
98. In order to add focus to the triceps brachii muscle group while performing the barbell bench press, the client should:
- A. Press the bar back towards your head
 - B. Keep the elbows far from the body
 - C. Keep the elbows in neutral to the body
 - D. Keep the elbows close to the body
99. Which triceps brachii exercise should be performed early in the workout?
- A. Bench dip
 - B. Push ups
 - C. Cable kickback
 - D. Smith machine bench press close grip
100. In order to focus the push up exercise on the triceps group, the client should
- A. Use a push up bar with a neutral grip
 - B. Use a push up bar with a supinated grip
 - C. Have the hands shoulder width apart
 - D. Lean more on one arm during the exercise and then switch
101. In order to make the cable press-down more advanced, the client should:
- A. Turn the wrist out at the bottom of the rep when using the rope attachment
 - B. Turn the wrist in at the bottom of the rep when using the rope attachment
 - C. Perform the exercise late in the workout
 - D. Press the elbows out until the arms are straight

102. Which exercise, when performed correctly, focuses on the lateral head of the triceps brachii?
- A. Barbell overhead extension
 - B. Dumbbell overhead extension
 - C. Dumbbell kickback
 - D. Cable press down-reverse grip
103. The difference between the cable kickback and the decline lying barbell extension is:
- A. The decline lying barbell extension should be performed late in the workout while the cable kickback should be performed early in the workout.
 - B. The cable kickback should be performed late in the workout while the decline lying barbell extension should be performed early in the workout.
 - C. The cable kickback works the lateral head of the triceps while the decline lying barbell extension works the long head of the triceps.
 - D. The decline lying barbell extension works the lateral head of the triceps while the cable kickback works the long head of the triceps
104. To advance the cable kickback exercise:
- A. Pronate the wrist
 - B. Supinate the wrist
 - C. Keep the wrist neutral
 - D. Extend the shoulder
105. When performing the lying barbell extension:
- A. Maintain a narrow grip to focus on the lateral and long heads of the triceps
 - B. Move the shoulders to emphasize the short head of the triceps
 - C. Lower the bar to the bridge of the nose
 - D. Use a reverse grip to target the medial triceps
106. Which statement is FALSE concerning proper execution of the lying dumbbell extension:
- A. The stopping point on the down phase is when the hands are near the forehead
 - B. Angle the upper arms at a 45 degree angle to make the exercise more advanced
 - C. The wrist can be rotated during the exercise
 - D. Keep the elbow out and the shoulders stationary
107. The main difference between the lying cable extension and the dip-narrow grip is:
- A. The lying cable extension is performed early in the workout while the dip is not.
 - B. The dip works the medial head of the triceps while the lying cable extension works the long heads
 - C. The dip focuses on the lateral head of the triceps while the lying cable extension does not
 - D. The lying cable extension focuses on the lateral head of the triceps while the dips do not.
108. In order to perform the dip – narrow grip exercise correctly, the client should:
- A. Allow the body to bend to 90 degrees at the waist
 - B. Bend the elbows beyond 90 degrees in order to work the medial heads of the triceps
 - C. Use a dip machine that allows for a narrow grip
 - D. Use the supine cable extension exercise as a substitute

109. Which exercise works both the lateral and medial triceps heads?
- A. Bench dip
 - B. Dumbbell overhead extension
 - C. Lying cable extension
 - D. Cable kick back
110. In order to incorporate core muscles during the dumbbell overhead extension, the client can:
- A. Perform the exercise seated
 - B. Perform the exercise prone
 - C. Perform the exercise flexed at the waist
 - D. Perform the exercise flexed at the hips
111. All of the following exercises work only the long head of the triceps EXCEPT:
- A. Cable overhead extension
 - B. Barbell overhead extension
 - C. Cable press down reverse grip
 - D. Seated overhead cable extension
112. In order to make the cable overhead extension more advanced, one should:
- A. Turn palms outward at the top of the repetition
 - B. Turn palms inward at the top of the repetition
 - C. Stand with both feet together
 - D. Use the EZ bar
113. In order to focus intensity on the long head of the triceps while performing the seated overhead cable extension, you should:
- A. Sit straight up
 - B. Lean the seat back
 - C. Keep the elbows out
 - D. Keep the elbows tucked in close to the ears
114. When performing the Smith machine overhead extension, you should:
- A. Bend the arms beyond parallel
 - B. Place the seat so the bar is about 1 foot behind you
 - C. Keep your hands in direct alignment with the head
 - D. Perform early in the workout
115. In order to focus work the medial head of the triceps brachii, you can:
- A. Use a reverse grip on the barbell bench press
 - B. Use an overhand grip on the barbell bench press
 - C. Perform an overhand grip bench press with a narrow grip
 - D. Perform a bench press with a wide overhand grip
116. The EZ bar attachment for the cable press down allows you to:
- A. Increase intensity on the short head of the triceps
 - B. Increase intensity on the lateral head of the triceps
 - C. Relieve pressure on the wrist
 - D. Reduce pressure on the elbows

117. The forearm muscles:
- A. Should be trained in the same workout as biceps
 - B. Should be trained in the same workout as the triceps
 - C. Should be trained before the bicep exercises
 - D. Should be trained before the triceps exercises
118. A closer grip on the barbell curl will:
- A. Place more tension on the brachioradialis
 - B. Place more tension on the brachialis
 - C. Place more tension on the lateral head of the biceps
 - D. Place more tension on the medial head of the biceps
119. The alternating dumbbell curl should be performed early in the workout because:
- A. The shoulder is easily stabilized
 - B. This exercise is a concentration exercise
 - C. This exercise makes you have to lift less weight than other bicep exercises
 - D. This exercise allows you to lift more weight than other bicep exercises
120. When performing the seated barbell curl, you should NOT:
- A. Use the EZ bar
 - B. Lean backwards
 - C. Keep your elbows at your sides
 - D. Use it in every workout
121. Bicep exercises that should be performed in the middle of the workout include all of the following EXCEPT:
- A. High cable curl
 - B. Cable curl
 - C. Drag curl
 - D. seated barbell curl
122. The drag curl is different from the cable curl because:
- A. The cable curl can be substituted with the Smith machine
 - B. The drag curl can be substitute with the barbell curl
 - C. The drag curl is lifted straight up and not in an arc
 - D. The cable curl works the entire biceps group while the drag curl does not
123. The difference between the incline cable curl and the incline dumbbell curl is:
- A. The incline dumbbell curl should be performed late in the workout where as the incline cable pull should be performed early in the workout
 - B. The incline cable curl begins with the hands in neutral
 - C. The incline dumbbell curl begins with the hands in neutral
 - D. The hands should rotate inward as you lift on the incline cable curl

124. When you keep your hands facing you while performing the concentration curl instead of turning the palms up as you curl, you:
- A. Increase the risk of a wrist injury
 - B. Increase tension on the long head of the biceps and the brachioradialis
 - C. Are performing the exercise incorrectly
 - D. Can perform the exercise earlier in the workout because it's more of a compound exercise
125. To perform the cable concentration curl, one should:
- A. Stand with your weight supported by the working arm
 - B. Bend over at the hips in order to stabilize the body
 - C. Never perform it with drop sets since this will increase the risk of injury
 - D. Stand about 2 feet away from the weight stack
126. The lying cable concentration curl works the:
- A. Both the long head and short head of the biceps brachii
 - B. Long head of the biceps brachii
 - C. Both the short head of the biceps brachii and the brachioradialis
 - D. Short head of the biceps brachii
127. The barbell preacher curl should be performed towards the end of your bicep workout because:
- A. The upper arms are stabilized thus creating more of a concentration exercise
 - B. The upper arms are stabilized thus creating more of a compound exercise
 - C. The exercise allows you to lift the most weight
 - D. The exercise incorporates the long and short head of the bicep muscle
128. When performing the dumbbell preacher curl, you should:
- A. Never perform both arms at the same time since this will not allow you to stabilize the Arms
 - B. Use the non-working arm to stabilize the body by holding onto the pad
 - C. Perform the exercise early in the workout since it is a dumbbell exercise
 - D. Pronate the hands
129. Once you have reached failure on the cable preacher curl, you should:
- A. Switch to the machine preacher cur
 - B. Finish the workout on the biceps
 - C. Perform partial reps for a more advance workout
 - D. Switch to push ups to alternate target muscle fatigue
130. The machine preacher curl is:
- A. Not as challenging as the cable preacher curl
 - B. Best for beginner weight lifters
 - C. Is best substituted with the cable concentration curl
 - D. An exercise that focuses on the short head of the bicep

131. The high cable curl:
- A. Can only be performed with both arms at the same time
 - B. Works both the long and short head of the biceps
 - C. Should be performed only with the hands supinated
 - D. Can be substituted with the cable concentration curl
132. The hammer curl works which muscle(s)?
- A. Brachioradialis
 - B. Brachialis
 - C. Short head of the biceps
 - D. Brachialis and the short head of the biceps
133. Once you have reached failure on the cable hammer curl, you should:
- A. Perform drop sets to make the exercise more advance
 - B. Immediately switch to triceps exercises to balance muscles
 - C. Finish your workout
 - D. Attach the rope at mid-level and perform another set
134. The reverse barbell curl works the:
- A. Brachialis and the brachioradialis
 - B. Brachialis and the short head of the biceps
 - C. Brachioradialis and the long head of the biceps
 - D. Brachialis, biceps brachii, and brachioradialis
135. To work more on the brachialis while performing the dumbbell reverse curl, you should:
- A. Rotate the wrist into supination at the top of the repetition
 - B. Rotate the wrist into a neutral position at the top of the repetition
 - C. Begin with the wrist in supination
 - D. Begin with the wrist in neutral
136. Which exercise does NOT work the brachioradialis and the brachialis?
- A. Cable reverse curl
 - B. Preacher curl
 - C. Preacher reverse curl
 - D. Cable reverse curl
137. To perform the preacher reverse curl correctly, you should:
- A. Flex the wrist to incorporate the wrist flexors
 - B. Extend the wrist to incorporate the wrist extensors
 - C. Use a longer bar to make the exercise more difficult
 - D. Improve grip strength by using a bar shorter than the Olympic bar
138. Wrist flexors are:
- A. Located on the posterior surface of the forearm
 - B. Located on the medial surface of the forearm
 - C. Located on the anterior surface of the forearm
 - D. Located on the lateral surface of the forearm

139. Seated wrist curls should:
- A. Be performed after working wrist extensors
 - B. Be performed before working biceps and after working triceps
 - C. Be performed after working brachialis
 - D. Be performed after working biceps
140. To perform the behind-the-back wrist curls correctly, you should:
- A. Use a narrow grip
 - B. Use a supinated grip
 - C. Use a shoulder-width grip
 - D. Use a wide grip
141. Standing reverse wrist curls should be performed:
- A. With a full range of motion
 - B. Before biceps exercises
 - C. Early in the workout
 - D. With a short range of motion
142. The four rotator cuff muscles include all of the following EXCEPT:
- A. Supraspinatus
 - B. Infraspinatus
 - C. Teres major
 - D. Subscapularis
143. The internal rotators of the shoulder include:
- A. Infraspinatus and teres major
 - B. Infraspinatus and teres minor
 - C. Supraspinatus and teres minor
 - D. Subscapularis and teres minor
144. The three-way raise incorporates what movements of the rotator cuff?
- A. Shoulder abduction and internal rotation
 - B. Shoulder adductions and internal rotation
 - C. Shoulder abduction and external rotation
 - D. Shoulder adduction and external rotation
145. To properly execute the cable or elastic band external rotation, you should:
- A. Begin with the arm at 90 degrees and abducted
 - B. Begin with the arm at 90 degrees and internally rotated
 - C. Begin with the arm at 90 degrees and externally rotated
 - D. Begin with the arm at 90 degrees and adducted
146. Which of the following rotator cuff muscles performs internal rotation?
- A. Subscapularis
 - B. Supraspinatus
 - C. Teres minor
 - D. Infraspinatus

147. The empty can exercise works the:
- A. Supraspinatus
 - B. Infraspinatus
 - C. Teres minor
 - D. Subscapularis
148. To properly perform a superset, the client must:
- A. Perform 3 sets of each exercise
 - B. Rest between each superset for 3-5 minutes
 - C. Perform compound exercises before isolation exercises
 - D. Never pair opposing muscles
149. An extended set is different from supersets, tri-sets, and giant sets because:
- A. The order of the exercises is not as important in an extended set
 - B. Extended sets have a shorter rest period between sets
 - C. Extended sets have more sets than the others
 - D. Extended sets mainly change the angle or grip used in the different exercises
150. Ballistic training is:
- A. Dangerous to perform
 - B. Develops strength and power
 - C. Develops growth
 - D. Limits hypertrophy of the muscle