

Women's Home
Workout Bible

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Learning Objectives:
Women's Home Workout Bible

After completing this course, the participant will be able to:

1. Develop an understanding of setting up a home workout area based on space and budget.
2. Understand how to best use your home workout space to accommodate desired equipment.
3. Learn ways to make your home workout space more motivating and comfortable.
4. Learn how to prioritize equipment needs based on available budget.
5. Understand the benefits and drawbacks to bodyweight training.
6. Understand the benefits to stability ball and resistance band training.
7. Learn proper positioning, range of motion, and exercise tips for bodyweight, stability ball, and resistance band exercises for the upper body, lower body, and core.
8. Understand the benefits of incorporating barbells and dumbbells into your workout program.
9. Understand proper positioning, range of motion, and exercise tips for barbell and dumbbell exercises involving the upper body, lower body, and core.
10. Understand how to choose the correct type of multifunction machine that accommodates your specific needs in your home workout area based on space and budget.
11. Learn which additional attachments for a multifunction machine are the most useful.
12. Understand proper positioning, range of motion, and exercise tips/variations for multifunction machine exercises for the upper body, lower body, and core.
13. Develop an understanding of the benefits to cardio equipment including the treadmill, stationary bike, elliptical, and rowing machine.
14. Understand the basics of passive stretching.
15. Learn static stretches for the chest, shoulders, upper back, abs, triceps, biceps, quadriceps, hip flexors, hamstrings, glutes, and calves.
16. Develop an understanding of setting a SMART goal.
17. Learn the basics of warming up, pre-training nutrition, progressive overload, proper form, routine variation, and appropriate recovery.
18. Learn the anatomy of the major muscle groups.
19. Be able to follow an ultimate body conditioning program.
20. Be able to follow an ultimate body sculpting program.
21. Be able to follow a program for ultimate core stability.
22. Be able to follow an ultimate fat loss program.



Women's Home Workout Bible Examination

Multiple Choice: For each of the following questions, circle the letter of the answer that best answers the question.

1. If financial resources are limited when setting up home gym, start with obtaining equipment for:
 - A. Resistance training
 - B. Cardiovascular training
 - C. Flexibility training
 - D. Myofascial release

2. If your home gym budget is up to \$500, you can include all of the following except:
 - A. Stability ball
 - B. Resistance bands
 - C. Barbells
 - D. Dumbbells

3. Of the following, which is the least reliable way of purchasing quality exercise equipment?
 - A. Internet
 - B. Retail Store
 - C. Second hand
 - D. Infomercials

4. Which of the following is not a way of changing the degree of difficulty of a body weight exercise?
 - A. Changing the angle
 - B. Unstable surfaces
 - C. Getting stronger
 - D. Increasing or decreasing leverage

5. All of the following are ways to make an exercise more difficult except:
 - A. Increasing range of motion on a calf raise by placing toes on edge of a step.
 - B. Doing push-ups with hands on an elevated surface.
 - C. Doing push-ups with feet on an elevated surface.
 - D. Doing step-ups onto a table.

6. Recommended accessories to purchase for body weight training include all of the following except:
 - A. A kettle bell
 - B. A chinning bar
 - C. An exercise mat
 - D. 10 pound leg weights

7. Which of the following statements regarding stability balls is incorrect?
 - A. A stability ball can be used to perform many different seated and prone exercises.
 - B. A stability ball allows exercises to be done in an unstable manner.
 - C. A stability ball is a great way to work the abdominals.
 - D. A stability ball allows for maximal strength output.

8. If you are 5 ft 7 in tall, the correct size of stability ball for you to use would be:
 - A. 45 cm
 - B. 55 cm
 - C. 65 cm
 - D. 75 cm

9. Resistance bands are a must have for every home gym for all of the following reasons except:
- A. They are lightweight and easy to store.
 - B. They can be used for many different exercises.
 - C. They are inexpensive.
 - D. They provide resistance evenly through the range of motion.
10. Which of the following is not correct for the Pike Press?
- A. It is a modification form a standard push-up which changes the emphasis to the shoulders.
 - B. Start with hips up and upper body as perpendicular to the floor as possible.
 - C. Keeping the torso perpendicular to the floor while bending the arms maintains the tension on the shoulders.
 - D. Difficulty of the exercise can be increased by elevating the hands onto a bench or chair.
11. Which of the following accurately describes how to complete a tricep dip?
- A. As the elbows bend, allow the body to move away from the bench to decrease stress to the shoulder joint.
 - B. As the elbows bend, keep the elbows in close to the body throughout the range of motion.
 - C. Allow the elbows to move away from the sides of the body to decrease stress to the wrist joint.
 - D. This exercise can be made more difficult by increasing the bend at the knees.
12. The upright row is primarily an exercise for the:
- A. Shoulders
 - B. Chest
 - C. Back
 - D. Triceps

13. A shoulder press with a resistance band emphasizes all of the following muscles except:
- A. Deltoids
 - B. Upper Traps
 - C. Biceps
 - D. Triceps
14. Which of the following statements regarding the Arnold Press with a resistance band is correct:
- A. Start with hands at shoulder level and palms facing away from your body.
 - B. The rotation in the Arnold Press activates the rotators of the shoulder more than the traditional shoulder press.
 - C. The movement is pushing up overhead while simultaneously rotating the palms in toward the body.
 - D. The elbows should be locked out at the end of the range of motion to increase tension on the target muscles.
15. Which of the following statements regarding the resistance band lateral raise is incorrect?
- A. This exercise emphasizes the medial deltoid.
 - B. Stand on the band with feet shoulder width apart, with slight bend in knees, core activated, and torso erect.
 - C. Lift arms out to the side to shoulder height, hold to maximize deltoid contraction, and return slowly to starting position.
 - D. As arms lift, keep hands rotated slightly back, so that thumb is higher than the pinky at the top of the range of motion.
16. The Bent Lateral Raise targets the:
- A. Anterior deltoid
 - B. Medial deltoid
 - C. Posterior deltoid
 - D. Rhomboids

17. In an arm curl, the position where your palms are facing up is called:
- A. Supination
 - B. Pronation
 - C. Inversion
 - D. Eversion
18. A concentration curl emphasizes which part of the biceps muscle?
- A. Long head of the biceps
 - B. Short head of the biceps
 - C. Brachioradialis
 - D. Brachialis
19. Which of the following regarding the resistance band tricep press-down is incorrect?
- A. Resistance band must be secured overhead with a door anchor attachment or wrapped around a stationary object.
 - B. The exercise begins with erect posture, core activation, slightly bent knees and elbows at side and bent at 90 degrees.
 - C. The movement is to straighten the arms while allowing the elbows to come slightly forward of the body.
 - D. A deeper contraction to the triceps can be achieved by turning the palms out as you move through the range of motion.
20. Which of the following statements regarding the triceps kickback is correct?
- A. Upper body should be bent forward approximately 30 degrees.
 - B. While stabilizing the upper arm, straighten the working arm until parallel to the floor and then return slowly back to 90 degrees of elbow flexion.
 - C. At the end of the range of motion, flick the wrist to increase the effectiveness of the exercise.
 - D. Head should be held up so that you can watch in mirror and make sure upper arm does not move during the exercise.

21. Which of the following muscles is not emphasized during a push-up?
- A. Biceps
 - B. Pectoralis Major
 - C. Deltoids
 - D. Triceps
22. Completing a push-up with the elbows tucked in close to the body increases the stimulation to the:
- A. Pectoral Muscles
 - B. Shoulder Muscles
 - C. Triceps
 - D. Biceps
23. Which of the following statements regarding an incline push-up is incorrect?
- A. This exercise shifts the emphasis from the mid-chest to the lower chest.
 - B. This exercise shifts the emphasis from the mid-chest to the upper chest.
 - C. This exercise is completed with the feet on an elevated surface.
 - D. The elbows should not be locked in the up position to maintain tension on the chest muscles.
24. Which of the following statements regarding a chin-up is incorrect?
- A. This exercise is for the muscles of the back and the biceps.
 - B. This exercise is more difficult than a traditional pull-up.
 - C. Do not swing the body or kick the feet to obtain the lift because this will reduce the tension on the working muscles.
 - D. If this exercise is too difficult because of weight in the lower body, it can be assisted by placing the feet on a chair and using the legs to assist.

25. All of the following regarding a reverse push-up are correct except:
- A. This exercise emphasizes the upper portion of the chest, the shoulders, and the triceps.
 - B. It is performed with the toes on top of a stability ball, hand flat on the floor and shoulder width apart, and core activated.
 - C. The body should descend and ascend in a straight line.
 - D. If the exercise is too easy, the stability ball can be moved to the upper thighs to increase the degree of difficulty.
26. To increase the level of difficulty in a prone lat pull on a stability ball,
- A. Begin with the lower body resting on the stability ball.
 - B. Begin with the upper body resting on the stability ball.
 - C. Begin the exercise with your arms straight out in front of the shoulders.
 - D. Begin the exercise with the arms directly under the shoulders.
27. Which of the following statements regarding a seated resistance band row is incorrect?
- A. Start with your arms fully straight and a stretch through the upper back.
 - B. While keeping lower back slightly arched, pull the elbows toward the abdomen, retract the scapula and squeeze the upper back muscles.
 - C. Keep tension in the resistance band at all times.
 - D. As you allow the arms to straighten, lean slightly forward at the waist.
28. Which of the following is not a variation of a resistance band Lat Pull-Down?
- A. Wide-grip Lat Pull-Down
 - B. Lying-grip Lat Pull-Down
 - C. Neutral-grip Lat Pull-Down
 - D. Reverse-grip Lat Pull-Down

29. Which of the following muscles is targeted with a straight-arm pull-down?
- A. Erector Spinae
 - B. Latissimus Dorsi
 - C. Biceps Femoris
 - D. Biceps Brachii
30. Which of the following statements regarding the resistance band standing chest press is correct?
- A. The resistance band should be attached in front of you at slightly lower than chest height.
 - B. Arms should be raised slightly higher than shoulder height and with the elbows behind the body to start.
 - C. With your elbows bent at 90 degrees, straighten your arms until fully extended but elbows not locked out, and bring them to the midline of the body until the hands meet.
 - D. As the arms move forward, there should be a slight shift of the upper body in the same direction.
31. The Standing Low Fly with a resistance band targets which portion of the pectoralis?
- A. Lower portion
 - B. Middle portion
 - C. Outer portion
 - D. Upper portion
32. Which of the following statements regarding the toe touch exercise is incorrect?
- A. This exercise requires no equipment.
 - B. This exercise emphasizes the lower abs more than the upper abs.
 - C. The upper back should be held off the ground throughout the exercise to maintain tension on the abdominal muscles.
 - D. The head should remain in line with the body to minimize the risk of cervical strain.

33. The “superwoman” exercise targets all of the following muscles except the:
- A. Latissimus dorsi
 - B. Erector spinae
 - C. Gluteus maximus
 - D. Hamstrings
34. Which of the following statements regarding the bird dog exercise is incorrect?
- A. It is an exercise which increases absolute strength rather than endurance.
 - B. It is an exercise which emphasizes all of the core musculature.
 - C. Common mistakes during this exercise include hiking the hip and allowing the body to sag.
 - D. This exercise is designed to be held motionless with a gradual increase in time held.
35. All of the following descriptions of the reverse crunch are accurate except:
- A. During this exercise, the upper back should be pressed into the floor, and the hips should be the only part of the body moving.
 - B. The arms are down at the side and used to assist with pushing the hips into the air.
 - C. This exercise has a very small range of motion, and the focus should be on pulling the pelvis toward the belly button.
 - D. To maintain tension on the lower abdominal, try to keep the butt from coming all the way back down to the floor at the end of each repetition.
36. Which muscles are targeted by the reverse pendulum?
- A. Upper Abdominals
 - B. Lower Abdominals
 - C. Obliques
 - D. Abductors

37. All of the following statements regarding the bridge are correct except:
- A. Starting position of the bridge is lying on your back with knees bent and arms at your sides.
 - B. While rounding your lower back, push through the heels and contract the quadriceps to lift the body off the floor.
 - C. While keeping back straight, contract glutes and lift the body off the floor.
 - D. A progression of this exercise is to keep one leg straight and one leg bent while lifting off the ground.
38. Which of the following regarding the hanging knee raise is incorrect?
- A. While hanging from an overhead support or hanging arm straps, bend the knees and stabilize the upper body.
 - B. Pull the legs up by flexing the hips.
 - C. Emphasize the lower abs by pulling the pelvis up and back, rotating it toward your belly button.
 - D. The exercise can be progressed by doing the exercise with the legs straight.
39. Which of the following muscles is not targeted during the reverse hyperextension using a stability ball?
- A. Erector spinae
 - B. Gluteus maximus
 - C. Hamstrings
 - D. Quadriceps
40. Which of the following statements regarding the stability ball crunch is incorrect?
- A. The difficulty of the exercise can be increased by sitting lower on the ball.
 - B. The lower back should remain on the ball as the shoulders lift to keep the emphasis on the abdominals and not the hip flexors.
 - C. Lifting the lower back off the stability ball may cause lumbar stress.
 - D. The ball should not move underneath you as the crunch is completed.

41. Cervical or lumbar stress/injury can be caused during the stability ball hyperextension by:
- A. Moving the head or hyperextending the lower back during a repetition.
 - B. Holding the arms straight out in front of your head.
 - C. Placing the feet against an immovable object.
 - D. Having your center of gravity slightly behind the center of the ball.
42. While performing a stability ball Russian twist, the body should be at what angle to the floor?
- A. 30 degrees
 - B. 40 degrees
 - C. 50 degrees
 - D. 60 degrees
43. Which of the following muscles is not targeted during a squat?
- A. Quadriceps
 - B. Hamstrings
 - C. Gastrocnemius
 - D. Gluteus maximus
44. Which of the following muscles receive secondary stimulation during a sumo squat?
- A. Quadriceps
 - B. Gluteus Maximus
 - C. Adductors
 - D. Hamstrings

45. The primary muscle involved with a “sissy squat” is the:
- A. Glutes
 - B. Hamstrings
 - C. Quads
 - D. Adductors
46. Tips for improving the mechanics of a lunge include all of the following except:
- A. The front knee must be lined up with the toes of the working leg.
 - B. The emphasis is on dropping the back knee down, rather than bending the front knee forward.
 - C. Maintain an upright posture throughout the exercise.
 - D. Push up from the bottom of the lunge using the back leg to emphasize the glutes.
47. Which of the following statements regarding the standing leg curl is incorrect?
- A. The exercise is started with the feet shoulder-width apart, an ankle weight attached to the working leg, and the torso erect to maintain neutral posture.
 - B. Exercise is performed by pulling foot up toward hips as far as possible without discomfort.
 - C. The contraction on the hamstring is held before returning to the start position.
 - D. Only the lower leg should move. The upper leg should not move backwards into extension.
48. The lying abductor raise targets all of the following muscles except the:
- A. Gluteus Medius
 - B. Gluteus Minimus
 - C. Abductors
 - D. Quadriceps

49. Which of the following statements regarding the resistance band leg extension is incorrect?
- A. Starting position is lying face down on the floor facing away from the object the resistance band is attached to.
 - B. At the beginning of the range of motion, the knees should be bent at a 90 degree angle.
 - C. While pushing the knees down into the floor, extend the legs until the feet reach the floor.
 - D. This exercise can be done one leg at a time.
50. The Resistance band Bent-Knee Toe Press is started with the legs in what position?
- A. Legs extended out and raised slightly above the floor.
 - B. Knees bent and pulled into chest.
 - C. Legs extended straight up into the air.
 - D. Legs bent with feet on the floor.
51. What is the biggest benefit of using free weights?
- A. They are relatively inexpensive.
 - B. They can be used by every body type
 - C. They allow muscles to work in three dimensions.
 - D. They limit range of motion
52. Which of the following is not an advantage of using dumbbells over other exercise modalities?
- A. Improved muscular balance
 - B. Increased range of motion
 - C. Increased joint strain
 - D. Require that muscles work equally

53. What is the main benefit of using medicine balls?
- A. Resistance training
 - B. Core training
 - C. Flexibility training
 - D. Speed and power training.
54. Which of the following regarding barbells is incorrect?
- A. They are more versatile than dumbbells.
 - B. More weight can be lifted with each repetition.
 - C. Good Mornings and Front Squats are easier to perform using a barbell.
 - D. An Olympic barbell is what is commonly used in gyms due to its increased weight capacity.
55. The dumbbell shoulder press with palms facing forward emphasizes all of the following muscles except:
- A. Anterior deltoid
 - B. Upper trapezius
 - C. Mid-trapezius
 - D. Triceps
56. Which of the following is the primary muscular emphasis during a dumbbell upright row?
- A. Anterior deltoid
 - B. Medial deltoid
 - C. Posterior deltoid
 - D. Biceps

57. Which of the following statements regarding the dumbbell Bent Lateral Raise is incorrect?
- A. Torso should be bent forward until almost parallel to the ground.
 - B. While arms are hanging down by side of body, palms should be facing in.
 - C. Lift the arms out to the side while raising the upper body from parallel slightly.
 - D. Elbows should remain away from the body as the arms lift to maintain tension on the posterior deltoid.
58. Which of the following is an advantage to doing the dumbbell prone reverse fly versus the dumbbell bent lateral raise?
- A. It targets the posterior deltoid to a greater degree than the bent lateral raise.
 - B. It stabilizes the upper body to reduce other muscle actions.
 - C. The arms are raised with the elbows closer to the body to better emphasize the posterior deltoid.
 - D. Because the body is supported, there is greater involvement of the medial deltoid.
59. Which of the following muscles is effectively targeted in the dumbbell incline curl?
- A. Long head of the bicep
 - B. Medial head of the bicep
 - C. Short head of the bicep
 - D. Brachioradialis
60. Which of the following muscles is emphasized during the dumbbell preacher curl?
- A. Long head of the bicep
 - B. Short head of the bicep
 - C. Brachioradialis
 - D. Brachialis

61. Which of the following is not a possible arm position for a dumbbell bicep curl?
- A. Arms hanging behind the body with palms facing forward
 - B. Arm supported in front of the body on a bench.
 - C. Arms hanging down at the sides with palms facing the body.
 - D. Arms straight overhead with palms facing forward.
62. Which of the following statements regarding a dumbbell Overhead Tricep Extension is incorrect?
- A. Start position is sitting on the edge of a bench with feet on the floor and core contracted.
 - B. Move is started with elbows bent as far as is comfortable and positioned close to the ear.
 - C. The movement consists of straightening the arms by allowing the elbows to flare out to the sides.
 - D. This exercise can be completed standing, seated on a stability ball, or one arm at a time.
63. Which of the following statements regarding the barbell military press is correct?
- A. The exercise particularly targets the rear delts and biceps.
 - B. The movement begins with the elbows at shoulder height.
 - C. The elbows should remain forward throughout the motion not out to the sides.
 - D. It is safe to have a slight backward lean during the concentric phase to increase activation of the upper pectorals.
64. How far apart should the hands be placed on the barbell during a Close-grip Bench Press?
- A. The hands should be touching.
 - B. The hands should be 4 inches apart.
 - C. The hands should be 1 foot apart.
 - D. The hands should be shoulder width.

65. Which of the following statements is correct regarding the barbell bicep 21s?
- A. Seven reps are completed at the bottom 90 degrees of the range of motion, then seven reps at the top 90 degrees of the range of motion, and then seven reps are done with a full range of motion.
 - B. Seven reps are completed at the top 90 degrees of the range of motion, then seven reps at the bottom 90 degrees of the range of motion, and then seven reps are done in the middle 90 degrees of the range of motion.
 - C. This exercise can only be completed with an EZ Curl bar.
 - D. The upper arm should move slightly forward as the bar is brought up to the shoulders.
66. At the bottom of the range of motion in a “Nose Breaker” or “Skull Crusher”, the elbows should point toward:
- A. The feet.
 - B. The ceiling
 - C. Over the head.
 - D. Toward the wall behind you.
67. Which part of the biceps is emphasized with a barbell Drag Curl?
- A. Short head of the biceps
 - B. Medial head of the biceps
 - C. Long head of the biceps
 - D. Inferior head of the biceps/
68. Which part of the back is targeted by an Incline Row?
- A. Upper back
 - B. Mid back
 - C. Lower Back
 - D. Outer Back

69. Which of the following muscles is not activated during an Incline Chest Press?
- A. Upper pectorals
 - B. Front deltoids
 - C. Triceps
 - D. Biceps
70. Which of the following muscles is eliminated as an assister during the Flat Chest Fly?
- A. Pectoralis Major
 - B. Triceps
 - C. Biceps
 - D. Rhomboids
71. Which of the following statements regarding the T-Bar row is incorrect?
- A. This is an exercise that emphasizes the muscles in the back.
 - B. The start position is standing erect holding one end of a barbell while the other end is secured in a corner of a room.
 - C. While tightening the core muscles and keeping the elbows close to the sides, the bar is brought up as high as possible toward the midsection.
 - D. For lumbar safety, it is important to maintain a slight hyperextension of the lower back.
72. Besides the Pectorals and the Triceps, what other muscles does a significant amount of the work in a Chest Press?
- A. Anterior Deltoid
 - B. Medial Deltoid
 - C. Posterior Deltoid
 - D. Trapezius

73. Which of the following statements regarding a squat is incorrect?
- A. This exercise targets the quadriceps, glutes, and hamstrings.
 - B. Starting position is with feet shoulder-width apart and toes pointed slightly outward.
 - C. During the movement, the heels should lift slightly from the floor.
 - D. The lower back should remain slightly arched throughout the range of motion.
74. Which of the following statements regarding a reverse lunge is incorrect?
- A. This exercise works almost all muscles of the lower body and challenges balance.
 - B. The step backward should be big enough that when in the bottom of the lunge, the back leg is straight.
 - C. The front knee should be a 90 degree angle at the bottom of the range of motion.
 - D. It is important to keep the upper back from rounding during this exercise.
75. It is important to never bounce out of a stretched position during a calf press to prevent injury to the:
- A. Gastrocnemius
 - B. Soleus
 - C. Patellar Tendon
 - D. Achilles Tendon
76. Which of the following regarding a front barbell squat is correct?
- A. It activates over 200 muscles in the body.
 - B. It minimizes activation of the glutes while increasing activation of the quads.
 - C. The barbell is held out in front of the body.
 - D. To maximize quad activation, the feet should be placed together.

77. Which of the following muscles are targeted in a Good Morning?
- A. Glutes and hamstrings
 - B. Quadriceps and hamstrings
 - C. Quadriceps and gastrocnemius
 - D. Glutes and Quadriceps
78. Which of the following statements regarding a free motion squat and a machine leg press is incorrect?
- A. A free motion squat requires stabilization in all three planes of motion.
 - B. A machine leg press requires stabilization in all three planes of motion.
 - C. A free motion squat requires work from the trunk stabilizers.
 - D. The strength gains from a free motion squat carry over to everyday functional activities.
79. Which of the following is not a type of resistance used in multifunction machines?
- A. Plate-loaded
 - B. Variable
 - C. Fixed-stack resistance
 - D. Hydrostatic
80. Which of the following regarding a fixed-stack apparatus is incorrect?
- A. They are too cumbersome for most home gyms.
 - B. They use a pulley system to keep continuous tension on the muscle.
 - C. They have a manageable footprint.
 - D. They are convenient to use.

81. How much weight should the cables be able to withstand in a home multifunction machine?
- A. 1000 pounds
 - B. 1500 pounds
 - C. 2000 pounds
 - D. 2500 pounds
82. A home multifunction machine should include all of the following except:
- A. A fixed stack weight unit.
 - B. A high and low cable station.
 - C. A mid cable station.
 - D. 11-gauge tubular steel with nylon-coated cable.
83. Which of the following statements regarding the shoulder press with cables is incorrect?
- A. This exercise targets the anterior deltoid, upper trapezius and triceps.
 - B. This exercise requires greater stabilization which increases total-body muscular activation.
 - C. The end of the range of motion is arms extended over the head with the elbows locked.
 - D. Allowing your elbows to move forward during the exercise changes the scope of the exercise.
84. Which part of the deltoid is targeted during a one arm lateral raise with a cable?
- A. Anterior deltoid
 - B. Medial deltoid
 - C. Posterior deltoid
 - D. Inferior deltoid
85. Which part of the deltoid is targeted during a kneeling bent lateral raise with a cable?
- A. Anterior deltoid
 - B. Medial deltoid
 - C. Posterior deltoid
 - D. Inferior deltoid

86. Allowing the arms to move forward during the concentric phase of a bicep hammer curl will increase the involvement of which body part?
- A. Shoulders
 - B. Chest
 - C. Back
 - D. Triceps
87. Which part of the triceps is targeted during an overhead triceps extension with a cable?
- A. Short head of the triceps
 - B. Medial head of the triceps
 - C. Lateral head of the triceps
 - D. Long head of the triceps.
88. Allowing the elbows to flare out during a press-down with a cable will decrease tension on the triceps and increase tension on the:
- A. Back.
 - B. Chest.
 - C. Biceps.
 - D. Shoulders.
89. The elbows should remain slightly bent throughout the range of motion during a crossover fly with cable to keep the movement from becoming a(n):
- A. Pressing movement.
 - B. Pulling movement.
 - C. Flexing movement.
 - D. Extension movement.

90. During a Front Lat Pull-down, pulling the elbows back and squeezing the shoulder blades together at the end of the range of motion will increase activation of the:
- A. Rhomboids and middle traps.
 - B. Rhomboids and anterior deltoid.
 - C. Deltoids and biceps
 - D. Mid and Lower Traps.
91. The upper body should remain immobilized during a Reverse Low Row with Cable to prevent injury to the muscles of the:
- A. Core.
 - B. Upper back.
 - C. Lower back.
 - D. Upper leg.
92. Which of the following statements regarding the Kneeling Crunch with Cable is incorrect?
- A. Begin the exercise kneeling in front of a low-pulley cable apparatus.
 - B. Sit back on your heels to position yourself for the exercise and keep the lower body stationary.
 - C. Bring the cable down by using the upper abs to initiate the movement.
 - D. This exercise targets the upper abdominals.
93. The Low to High Woodchop with Cable targets which of the following muscles?
- A. Rectus Abdominus
 - B. Latissimus Dorsi
 - C. Rectus Femoris
 - D. Obliques

94. During a Leg Press, keeping the feet positioned high on the footplate increases activation of which muscle?
- A. Quadriceps
 - B. Hamstrings
 - C. Glutes
 - D. Adductors
95. In a Prone Leg Curl, the body is positioned in a:
- A. Seated Position.
 - B. Standing Position.
 - C. Facedown Position.
 - D. Face-up Position.
96. Which of the following statements regarding the standing abductor raise with Cable is incorrect?
- A. This exercise targets the glutes and the outer thigh.
 - B. This exercise targets the inner thigh muscles.
 - C. The leg is pulled across the body and directly out to the side.
 - D. There should be no lean of the body during the range of motion.
97. Which of the following statements regarding the Toe Press is incorrect?
- A. This exercise targets the muscles of the calf.
 - B. It is done on a leg press machine with the legs extended and knees kept immobile.
 - C. Any bouncing in the stretched position could cause damage to the Achilles tendon.
 - D. Rotating the toes in or out will change the portion of the calf muscles that is being worked.

98. Which of the following would not be a no cost or low cost form of doing cardiovascular exercise?
- A. Walking or jogging.
 - B. Jumping rope.
 - C. Squat thrusts.
 - D. Bicep Curls.
99. When considering buying a home treadmill, the weight limit on the machine should be greater than:
- A. 300 pounds.
 - B. 500 pounds.
 - C. 750 pounds.
 - D. 1000 pounds.
100. Which of the following statements regarding a treadmill is incorrect?
- A. A treadmill's cushioned surface reduces the ground-reaction forces associated with running outside.
 - B. A treadmill increases the stress on the knees compared to running outside.
 - C. Walking on a treadmill is weight bearing and increases bone density in the lower body.
 - D. A treadmill should have at least 2.5 horsepower if you plan to run on it.
101. Which of the following statements regarding an elliptical trainer is incorrect?
- A. Elliptical trainers eliminate ground reaction forces on the lower body.
 - B. Rear-drive units have traditionally provided a smoother ride.
 - C. The stride length of the machine must be decreased for taller individuals.
 - D. If a front-drive unit is chosen, it should have twin rollers.

102. Which of the following is not a factor to consider when buying a stationary bike?
- A. Upright or recumbent.
 - B. Ability to adjust speed.
 - C. Ability to adjust seat and handlebars on upright bikes.
 - D. Ability to adjust resistance.
103. Which of the following statements regarding a rowing machine is incorrect?
- A. The upper and lower body are involved which increases the calories burned.
 - B. Maintaining correct form is difficult and can lead to lower back stress.
 - C. Rowers typically take up less space than other types of cardiovascular equipment.
 - D. Lower body aerobic exercise has been shown to increase blood pressure more than upper body aerobic exercise.
104. Which of the following statements regarding stretching is incorrect?
- A. It is often eliminated from a strength and cardio program to save time.
 - B. Maintaining optimal joint mobility reduces risk for injury and can improve athletic performance.
 - C. Strength training through a full range of motion will decrease flexibility of the involved muscles.
 - D. Stretching is critical to an exercise program if there are pre-existing muscular imbalances.
105. Long periods of sitting will cause persistent tightness of which of the following muscles?
- A. Hip flexors.
 - B. Glutes.
 - C. Hamstrings.
 - D. Abductors

106. Upper crossed syndrome involves tightness of all of the following muscles except:
- A. The Pecs.
 - B. The Anterior Deltoid
 - C. The internal rotators.
 - D. The Rhomboids.
107. Which of the following statements regarding passive stretching is incorrect?
- A. The muscles are moved into the stretch by contracting the antagonist muscle.
 - B. It is highly effective and easy to perform.
 - C. It is the safest way to stretch.
 - D. The muscles are moved into the stretch until tension in the muscle is felt but without pain.
108. Proprioceptive neuromuscular facilitation uses a contract of what to produce reciprocal inhibition of the muscle being stretched?
- A. The agonist muscle.
 - B. The antagonist muscle.
 - C. The synergist muscle.
 - D. The muscle being stretched.
109. Clasp your hands behind you and then lift your arms as high as possible without leaning forward. This is a stretch of which body part?
- A. Shoulders
 - B. Upper back
 - C. Chest
 - D. Triceps

110. Pulling the knees into the chest while lying on your back is a stretch of which muscle group?
- A. Abs
 - B. Triceps
 - C. Hip flexors
 - D. Lower back
111. What percentage of people who set up a home gym stop using it within a few months?
- A. 30%
 - B. 50%
 - C. 80%
 - D. 100%
112. What can be of particular help when workout frequency decreases or stops all together?
- A. Reviewing specific goals.
 - B. Buying a new piece of equipment.
 - C. A stressful job.
 - D. Learning a new exercise.
113. Which of the following is not a component of a SMART goal?
- A. Specific.
 - B. Analytical.
 - C. Realistic.
 - D. Measureable.

114. Which of the following is not a tool for improving workout adherence?
- A. Setting short term goals that are attainable to increase the feeling of success.
 - B. Giving yourself an incentive to be successful such as a dress in your desired size.
 - C. Using a photo of when you were in great shape to visualize success.
 - D. Use a negative outlook on exercise to inspire more intense workouts.
115. Which of the following is not one of the ten commandments of fitness?
- A. Train specific to your goals.
 - B. Warm up before intense exercise.
 - C. Do not vary your routine. Stick to one routine until goals are met.
 - D. Know the muscle groups and which exercises will target them.
116. What is the primary fuel for high-intensity training?
- A. Monounsaturated fats.
 - B. Polyunsaturated fats.
 - C. Carbohydrates.
 - D. Proteins.
117. It is impossible for most women to bulk up when doing strength training because of a lack of:
- A. Estrogen.
 - B. Progesterone.
 - C. Cortisol.
 - D. Testosterone.

118. How long should the eccentric phase last compared to the concentric phase of the exercise on average?
- A. The same amount of time.
 - B. Twice as long.
 - C. Three times as long.
 - D. Four times as long.
119. During which phase of a lift should exhalation occur?
- A. Concentric phase.
 - B. Isometric phase.
 - C. Eccentric phase.
 - D. Negative phase.
120. Which of the following statements regarding muscle growth is correct?
- A. Muscle building occurs during the concentric phase.
 - B. Muscle building occurs when the muscle is rested.
 - C. Marathon workouts are essential for muscle growth.
 - D. Doing a split routine with one or two body parts worked out a day with no days off optimizes muscle growth and recovery.
121. Which of the following is true regarding overtraining syndrome?
- A. It causes a decrease in cortisol production.
 - B. It stimulates protein synthesis.
 - C. It increases the utilization of fat for energy.
 - D. It causes glutamine stores to be rapidly depleted.

122. Which muscle does all of the same work as the Latissimus Dorsi?
- A. Rhomboids.
 - B. Teres minor
 - C. Teres major
 - D. Infraspinatus
123. Which of the following is not a joint movement of the trapezius?
- A. Scapular elevation.
 - B. Scapular protraction.
 - C. Scapular retraction.
 - D. Scapular depression.
124. Which of the following is not one of the rotator cuff muscles?
- A. Teres major
 - B. Infraspinatus
 - C. Supraspinatus
 - D. Subscapularis
125. Which of the following is not part of the abdominal muscle group?
- A. Rectus abdominus.
 - B. Internal obliques.
 - C. Transverse abdominis.
 - D. Iliopsoas

126. Which of the following is not one of the muscles that make up the hamstrings?
- A. Semitendinosus.
 - B. Semimembranosus.
 - C. Rectus femoris.
 - D. Biceps femoris.
127. Which of the following is not a type of connective tissue?
- A. Muscles.
 - B. Tendons.
 - C. Ligaments.
 - D. Fascia.
128. In the ultimate body conditioning routine, how many exercises are done for each body part?
- A. One.
 - B. Two.
 - C. Three.
 - D. Four.
129. How many sets of each exercise are completed in the ultimate body conditioning routines?
- A. One.
 - B. Two.
 - C. Three.
 - D. Four.

130. Which of the following statements regarding rest in the ultimate body conditioning routine is incorrect?
- A. Rest 30 to 90 seconds between sets.
 - B. More rest is needed for higher rep sets.
 - C. Less rest is needed for higher rep sets.
 - D. If the next set is started without adequate rest, energy stores will be insufficient to complete the set maximally.
131. Ways to progress the ultimate body conditioning routine after the four week cycle include all of the following except:
- A. Lengthen each workout by going through the routine a second time each day.
 - B. Perform exercises one side at a time.
 - C. Exercises may be performed as supersets with no or little rest in between.
 - D. Add cardiovascular exercises between sets to increase the number of calories burned.
132. The Ultimate body sculpting routines should be used if your ultimate goal is:
- A. Weight loss and fat burning.
 - B. Improved functional ability.
 - C. Re-shape your physique.
 - D. Improved core strength.
133. How many exercises should be done for each muscle group in the ultimate body sculpting routine?
- A. One to two.
 - B. Two to four.
 - C. Six to eight.
 - D. Six to twelve.

134. Anabolic hormone levels are maximized with a rest interval between moderate rep sets of:
- A. 20 seconds.
 - B. 60 seconds.
 - C. 90 seconds.
 - D. 2 minutes.
135. Which of the following muscles is not considered to be one of the core muscles?
- A. Transverse abdominis.
 - B. Erector spinae
 - C. Multifidus
 - D. Serratus anterior