

# Athletic Abs

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## ***LEARNING OBJECTIVES***

After reading Athletic Abs, the participant will be able to:

1. Identify where the core of the body is located.
2. Identify which muscles are considered core muscles.
3. Define and explain kinesthetic awareness.
4. Explain why it is important to train the abdominal muscles for both strength and endurance.
5. Explain why it is important to train opposing muscle groups.
6. Explain how to use the contract/relax technique to stretch an agonist muscle.
7. Identify which type of training burns more calories.
8. Design an interval training program for someone who is not aerobically conditioned.
9. Explain how to change interval programs using pyramids, speed bursts and speed play.
10. Explain the correct form for performing crunches.
11. Explain the correct form for training the oblique muscles.
12. Explain how to increase the intensity of abdominal exercises.
13. Define and explain what is meant by neutral spine.
14. Explain why it is important to establish a strength balance between the abs and the lower back.
15. Explain the correct form for performing lower-back exercises.

16. Identify which stretches to perform after completing back exercises.
17. Explain the correct form for performing squats and lunges.
18. Identify the muscle groups in the legs and hips that must be strengthened in order to develop core strength.
19. Recommend several exercises to use to help enhance body awareness.
20. Explain how standing exercises work the core muscles.
21. Explain the correct form to use to perform several standing exercises.
22. Explain how plyometric training works.
23. Explain how to perform several plyometric exercises both with and without a medicine ball.
24. Explain how to perform several core strengthening exercises in water.
25. Explain how to perform several core exercises on a stability ball.



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***CEC/CEU TEST FOR: Athletic Abs***

***Please choose the best answer. Put all answers on the answer sheet.***

1. When designing fitness programs, the fitness component most often omitted is:
  - a. Flexibility
  - b. Cardio Respiratory
  - c. Endurance
  - d. Strength
2. The \_\_\_\_\_ is/are considered by athletes and martial artists as the power center of the body.
  - a. Hamstring muscles
  - b. Quadriceps muscles
  - c. Core or midsection muscles
  - d. Rectus abdominus muscle
3. Which of the following muscles is not considered a core muscle?
  - a. The erector spinae
  - b. The transverse abdominus
  - c. The trapezius
  - d. The internal obliques
4. Strengthening the core helps increase quickness and speed in sports because:
  - a. The core acts as a power chain between the arms and the legs
  - b. Movement begins from the core so a strong core enhances performance
  - c. A strong core stabilizes movement and increases body control
  - d. All of the above are true
5. Kinesthetic awareness can best be described as:
  - a. Keeping the mind focused when doing abdominal training
  - b. Lowering the center of gravity to execute a movement
  - c. Visualization of a move before executing it
  - d. Being aware of the position of the body in space as movement occurs

6. Which of the following is not a posture, or inner core muscle?
  - a. Erector spinae
  - b. Gluteus maximus
  - c. Rectus femoris
  - d. Diaphragm
  
7. Which of the following statements is true regarding training the abdominal muscles?
  - a. When executing a crunch, type II fibers are recruited first, then type I
  - b. When executing a crunch, type I fibers are recruited first, then type II
  - c. When executing a crunch, type II fibers are recruited first because they are the endurance fibers
  - d. When executing a crunch, type I fibers are recruited first because they are the fast-twitch fibers
  
8. Contracting a muscle and holding the contraction for 30 continuous seconds is known as:
  - a. Muscular endurance
  - b. Muscular power
  - c. An isokinetic contraction
  - d. An isotonic contraction
  
9. It is important to train the abdominal muscles for both strength and endurance because:
  - a. More crunches can be performed and crunches are some of the best exercises for the abdominal muscles
  - b. Strong abdominal muscles help protect the internal organs
  - c. The abdominal muscles maintain posture, and strength and endurance in these muscles helps protect the back from injury
  - d. Abdominal muscles that have both strength and endurance help the abdominal area look better
  
10. Which of the following is the best type of training to use to develop a powerful core?
  - a. Plyometric training
  - b. Supine abdominal crunches
  - c. Ab work on resistance machines
  - d. Isometrically contracting the abs for 30 seconds
  
11. In order for a muscle fiber to contract fully it should be:
  - a. Completely relaxed prior to contracting
  - b. Pre-stretched to about 1.5 times its normal resting length
  - c. Pre-stretched to about 1.2 times its normal resting length
  - d. Partially contracted and held for 1.2 seconds before maximally contracting

12. Which of the following statements regarding the relationship between strength and flexibility of the abdominal muscles is true?
- Limited range crunches are recommended over full range crunches to prevent the rectus abdominus muscle from becoming inflexible
  - Crunches performed with the spine pressed down flat allows for greater range of motion in the abs
  - In order to prevent injuries to the back, stretching the abdominal muscles is not recommended
  - When the abdominal muscles are contracted, the muscles of the lower and middle back should be relaxed and flexible
13. All of the following statements concerning the benefits of stretching are true except:
- Stretching helps maintain joints
  - Stretching provides a method for mentally preparing for training
  - Stretching improves sports performance
  - Stretching improves muscle length when bouncing is used to increase muscle tension
14. Which of the following describes the correct form for the Bending Bear Stretch?
- Stand with feet close together, keep knees slightly bent and lean forward slowly
  - Stand with feet parallel and shoulder width apart, keep knees slightly bent and bend forward slowly
  - Stand with feet close together, keep knees straight and bend forward slowly
  - Stand with feet parallel and shoulder width apart, keep knees straight and bend forward slowly
15. Which of the following flexibility exercises is most appropriate for relaxing the chest?
- Childs pose
  - Sun salutation
  - Tap and shake
  - Bending bear
16. The recommended stretching technique to use to improve flexibility and performance is a combination of PNF stretching and \_\_\_\_\_.
- Active integrated stretching
  - Active interval stretching
  - Active isolation stretching
  - Active localization stretching

17. When using the contract/relax stretching technique, each phase is held for \_\_\_\_\_ seconds.
- Ten
  - Seven
  - Five
  - Three
18. Which of the following is the correct contract/relax sequence to follow to perform the hip flexor stretch?
- Contract the iliopsoas; relax and stretch the iliopsoas; contract the gluteals; relax and stretch the iliopsoas
  - Stretch the iliopsoas; contract the iliopsoas; contract the gluteals; relax the gluteals
  - Contract the gluteals; relax the gluteals; stretch the iliopsoas; contract the iliopsoas; relax and stretch the iliopsoas
  - Contract the gluteals; relax the gluteals; contract the iliopsoas; relax and stretch the iliopsoas
19. Both the calf stretch and the soleus stretch are performed with the body in:
- A supine position
  - A lunge position
  - A seated position
  - A prone position
20. Stretches should be taken to the point where \_\_\_\_\_ is felt in the muscle being stretched.
- Slight pain
  - A pull
  - Tension
  - Tightness
21. When performing the Triceps Stretch, the agonist muscle is the \_\_\_\_\_ and the antagonist muscle is the \_\_\_\_\_.
- Triceps; biceps
  - Trapezius; biceps
  - Biceps; triceps
  - Triceps; trapezius
22. “Contract the calf muscle and hold for three seconds; relax and stretch the calf muscle; contract the tibialis anterior muscle and hold for three seconds; relax and stretch the calf muscle and hold for three seconds” describes which of the following stretches?
- Supine iliopsoas stretch
  - Soleus stretch
  - Sitting gastrocnemius stretch
  - Adductor stretch
23. The Supine Buttocks stretch is used to stretch the \_\_\_\_\_.
- Iliopsoas
  - Hamstrings
  - Quadratus lumborum
  - Gluteals



24. Performing a back stretch from a kneeling position (on hands and knees) involves arching the back into a \_\_\_\_\_ position.
- Sun salutation
  - Cat-stretch
  - Bending bear
  - Child's pose
25. Which of the following type of cardio activity is recommended for optimum calorie burning?
- Running on a treadmill for 45 minutes
  - Walking at a continuous moderate speed for 60 minutes
  - A 45 minute aerobic class that intersperses high intensity work cycles with low intensity work cycles
  - A 55 minute aerobic class that involves doing sustained low intensity work
26. Which of the following best describes aerobic interval training?
- Riding a bike for 15 minutes then walking on a treadmill for 15 minutes
  - Running on a treadmill for 20 seconds then walking for 40 seconds and repeating for 20 work/recovery cycles
  - Running on a treadmill for 15 minutes with no incline then running for 15 minutes with a 5% incline
  - Walking on a treadmill for 30 minutes at a steady pace
27. Which of the following statements regarding interval training and sustained activity is true?
- Interval training must be done on either a treadmill or a stationary bike
  - Sustained exercise works both the aerobic and anaerobic systems
  - Interval training works both the aerobic and anaerobic systems
  - Sustained activity burns more calories than interval training
28. For someone who is just beginning an aerobic interval program, it is recommended they train for \_\_\_\_\_ focusing on increasing the \_\_\_\_\_ of their work intervals
- Six weeks; speed
  - Eight weeks; power
  - Four weeks; duration
  - Three months; duration
29. A guideline that could be used by a beginner to determine if their work interval is at an appropriate pace would be:
- When the work is sufficiently hard to make breathing difficult
  - When the muscles become too fatigued to continue
  - When it is not possible to carry on a conversation during the work interval
  - When the breathing reaches a huffing and puffing stage but a conversation is possible

30. An aerobic interval training program should start with \_\_\_\_\_.
- A 15 minute warm up
  - A 5 minute warm up
  - 5 minutes of stretching
  - 15 minutes of stretching
31. After completing a month of aerobic interval training, the participant should work out \_\_\_\_\_ and increase the \_\_\_\_\_ of their work intervals.
- Every other day; intensity
  - Every third day; intensity
  - Every day; duration
  - Every other day; duration
32. To progress an aerobic interval training program, the work intervals can be increased to \_\_\_\_\_, the rest intervals can be decreased to \_\_\_\_\_ and the number of cycles can be increased to \_\_\_\_\_.
- 20 seconds; 40 seconds; 32
  - 25 seconds; 40 seconds; 30
  - 25 seconds, 30 seconds; 25
  - 25 seconds, 25 seconds; 25
33. Which of the following describes interval pyramids?
- 30 sec. work interval; 30 sec. recovery; 60 sec. work interval; 60 sec. recovery; 90 sec. work interval; 90 sec. recovery; 120 sec work interval; 120 sec. recovery
  - 30 sec. work interval; 30 sec. recovery; 60 sec. work interval; 30 sec. recovery; 90 sec. work interval; 30 sec. recovery; 120 sec. work interval; 30 sec. recovery
  - 30 sec. work interval; 30 sec. recovery; 60 sec. work interval; 60 sec. recovery; 90 sec. work interval; 30 sec. recovery; three minute work interval; 30 sec. recovery
  - 30 sec. work interval; 15 sec. recovery; 60 sec. work interval; 30 sec. recovery; 90 sec. work interval; 45 sec. recovery; 120 sec. work interval; 60 sec. recovery
34. Which of the following is not a technique to use to increase the intensity of an aerobic interval program?
- Speed bursts
  - Power bursts
  - Pyramids
  - Speed play

35. To help stabilize blood sugar and prevent energy lulls during the day, \_\_\_\_\_ a day should be eaten.
- Three large meals
  - Three small meals plus three snacks
  - Four small meals
  - Six small meals
36. Which of the following helps avoid overeating?
- Skip a meal every other day
  - Eat meals slowly
  - Skip eating dinner at least once a week
  - Drink at least three 8 oz. glasses of water with each meal
37. Which of the following best explains why eating low fat or fat free food products may not be a good diet choice?
- When fat is decreased sugar may be increased
  - Low fat means low calorie which creates dietary restrictions
  - Eating low fat may not satiate hunger
  - Low fat or fat free may restrict the fats needed by the body for health
38. Which of the following is false regarding key points for correctly performing torso exercises?
- Do not pull on the neck
  - Use momentum if necessary to complete a move
  - Maintain neutral spine
  - Keep movements slow and controlled
39. The muscle group commonly called a “six-pack” is the \_\_\_\_\_.
- Rectus femoris
  - Transverse abdominus
  - Rectus abdominus
  - Obliques
40. Which of the following statements describes correct breathing while performing supine crunches?
- Inhale as the shoulders are lifted, exhale as the shoulders are lowered
  - Inhale before lifting and hold the breath during both the lifting and lowering phase
  - Exhale as the shoulders are lifted, inhale as the shoulders are lowered
  - Exhale before lifting and hold the breath during both the lifting and lowering phase

41. Which of the following statements is true regarding why infomercial abdominal machines may not be a good investment?
- These machines are often cheaply made
  - They may not be tested or designed for safe repeated use
  - They may make false claims as to the results they achieve
  - All of the above are true
42. Which of the following describes the correct arm positions to use to increase the level of difficulty of crunches?
- Arms outstretched at sides of body; arms bent so that fingertips at ears; arms crossed over chest
  - Arms outstretched at sides of body; arms crossed over chest; arms bent so that fingertips at ears
  - Arms crossed over chest; arms outstretched at sides of body; arms extended up
  - Arms crossed over chest; arms extended up; arms bent so that fingertips at ears
43. When performing crunches it is not recommended to anchor the feet under an object or have a partner hold them because \_\_\_\_\_.
- Anchoring the feet can cause injury to the knees
  - Anchoring the feet can cause bruises where the feet are anchored
  - Anchoring the feet works the hips flexors more than the abdominals
  - Anchoring the feet can cause injury to the neck
44. The key to training the oblique muscles is:
- Lifting the shoulders at least two inches off the floor
  - Performing all oblique exercises with the hands behind the head
  - Twisting the torso by curling the arms toward the opposite hips in a twisting arc
  - Lifting the shoulders off the floor and then twisting the elbow toward the knee at the top of the crunch

45. Which of the following statements best explains why performing side bends is not an effective exercise for the obliques?
- Side bends work the quadratus lumborum
  - Side bends are not effective unless heavy weight is used
  - Side bends do not involve twisting the torso
  - Both a and c
46. The term “hands in your back pockets” is used to identify which muscle?
- Quadratus lumborum
  - Internal obliques
  - Rectus abdominus
  - External obliques
47. Lying on the back and lifting one arm and the opposite knee, keeping the legs straight, and maintaining a neutral spine is a good exercise for:
- Strengthening the muscles of the neck
  - Strengthening the transverse abdominus
  - Stabilizing the quadratus lumborum
  - Stabilizing the trunk
48. When starting core training, if the lower back feels weaker than the abs, it is recommended that:
- Back exercises be performed every day and abdominal exercises every other day
  - Back stretches be performed for 30 minutes before doing any abdominal exercises
  - Two back exercises be performed for every one abdominal exercise
  - Level 2 back exercises be performed with level 1 abdominal exercises
49. Which of the following is the best indicator that the overload on the core muscles can be increased from a level 1 exercise to a level 2?
- When 10 repetitions with good form can be completed
  - When 12 repetitions with good form can be completed
  - When the core muscles are no longer sore after a workout
  - When 15 repetitions with good form can be completed

50. Which of the following statements describes the correct protocol for performing the Lower Abs exercise at level 2?
- Raise both straight legs to 90 degrees and hold for one minute
  - Raise both straight legs to 75 degrees and hold for one minute keeping the legs straight
  - Raise both straight legs to 75 degrees and hold for one minute bending the knees as the legs start to fatigue
  - Raise one leg to 90 degrees, keep the other leg bent with the foot on the floor and raise and lower the straight leg at 3 seconds up, 3 seconds down
51. To increase the intensity of the Torso Rotation: Obliques exercise from level 1 to level 2:
- Rotate the legs in the same direction as the upper body
  - Rotate the legs in the opposite direction of the upper body
  - Add 10 more repetitions
  - Rotate the upper torso to the right and simultaneously rotate the knees to the right
52. Pulling in the abs and lifting the hips until the buttocks and tailbone are off the floor when performing the Six-Pack exercise is known as a \_\_\_\_\_.
- Hip curl
  - Torso stabilizer
  - Transverse curl
  - Reverse curl
53. When performing a Twisting Oblique Curl exercise, the hips should be \_\_\_\_\_ and the abdomen should be \_\_\_\_\_.
- Slightly elevated; pressing toward the spine
  - Tilted back; contracted tightly
  - Pressed to the floor; pressed toward the spine
  - Tilted forward; relaxed with a slight arch in the back
54. Which of the following techniques should be used to keep the hip flexors from working when performing abdominal exercises?
- Place the feet on the floor hip width apart and press the knees together
  - Place the soles of the feet together and let the knees fall out to the floor
  - Lift the feet off the floor with knees at a 90 degree angle, place the soles of the feet together and open up the knees
  - Place the feet on the floor, lift the toes up and press down with the heels

55. When performing the Flutter Kick and the Scissors exercises, the leg(s) should be \_\_\_\_\_ off the ground.
- 10 inches
  - 6 inches
  - 20 centimeters
  - 10 centimeters
56. When performing the Elbow to Opposite Knee exercise, when the elbow is raised to the knee the tension should be felt in the \_\_\_\_\_.
- Rectus abdominus
  - Internal oblique
  - External oblique
  - Transverse abdominus
57. Which of the following methods is used to increase the intensity of the exercises in the Super Abs routine?
- Flatten the lower back on the floor
  - Add 10 repetitions
  - Add 15 repetitions
  - Raise the arms overhead
58. Which of the following statements explains why sitting in a chair for prolonged periods is bad for the back?
- Sitting puts too much stress on the neck muscles
  - Sitting causes the stabilizer muscles to atrophy
  - Sitting causes sway back posture to develop
  - Sitting damages the nerves in the spine
59. It is important to perform some \_\_\_\_\_ after performing crunches to move the lower back disk material back into place.
- Double-knee twisting stretches
  - Back stretches by folding forward
  - Side planks
  - Back hyperextensions
60. Which of the following statements defines what is meant by neutral spine?
- Maintaining the slight natural curve in the lower back
  - Keeping the back very straight with no curvatures in the spine
  - Keeping the shoulders back and putting the body weight over the lower back
  - Emphasizing the lordotic curve in the lower back to avoid developing flat back
61. Which of the following is not a contributor in causing pain to develop in the lower back?
- Muscle imbalance
  - Weak abdominal muscles
  - Flexible hamstrings
  - Poor lifting technique
62. The \_\_\_\_\_ can be used to stretch the back at any time while performing back exercises.
- Bent-Over Supported Extension Stretch
  - Single-knee Stretch
  - Forward Bend with Buttocks to Heels Stretch
  - Supine Buttocks Stretch

63. When performing the Back Arch, Hands Under Legs exercise, the back position at the upper range should be held for \_\_\_\_\_.  
 a. 5 seconds  
 b. 10 seconds  
 c. 20 seconds  
 d. 30 seconds
64. The Alternating Back Lift is performed with \_\_\_\_\_.  
 a. A ball under the legs  
 b. A weight in each hand  
 c. A rolled towel under the neck  
 d. A rolled towel under the hips
65. Which of the following best describes multidimensional training?  
 a. Training on a different piece of equipment at each training session  
 b. Training the whole body in standing, unsupported positions  
 c. Doing aerobic interval training three days a week and weight training two days a week  
 d. Doing exercises from stable, seated positions
66. When standing with a strong base of support, the pelvis should be:  
 a. Tilted forward with the tailbone tucked  
 b. Tilted back with the tailbone tucked  
 c. Neutral and parallel to the floor  
 d. Tilted forward with an arch in the lower back
67. To increase the strength in the core the \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ must also be strengthened  
 a. Gluteals, latissimus dorsi, quadratus lumborum  
 b. Hamstrings, quadriceps, quadratus lumborum  
 c. Gluteals abductors, adductors  
 d. Hamstrings, quadriceps, gluteals
68. To intensify the work of the gluteus when performing squats and lunges:  
 a. Press from the heels  
 b. Press from the balls of the feet  
 c. Turn the toes in slightly  
 d. Press the front knee forward
69. Which of the following describes the correct form to use to execute a parallel squat?  
 a. Stand with feet together and back straight; keep back straight and knees over toes as the body is lowered  
 b. Stand with feet slightly apart and back straight; keep back straight and knees over toes as the body is lowered  
 c. Stand with feet shoulder width apart and back straight; keep back straight and press knees forward past toes as the body is lowered  
 d. Stand with feet shoulder width apart and back straight; keep back straight and knees over toes as body is lowered



70. All of the following are true regarding the correct form to use to perform a lunge except:
- Step forward slightly more than one foot
  - Lower body until the trailing knee touches the floor
  - Keep front knee in line with front foot
  - Push off the lead leg to return to an upright position
71. Which of the following statements best defines a "kata"?
- Supine torso stretches
  - Standing partner drills
  - Sequences of movements based on martial arts
  - Supine abdominal exercises
72. The Elongated Crunch, Single Arm Side Crunch and Centered Reaches are not \_\_\_\_\_, but are designed to focus on \_\_\_\_\_.
- Exercises; building muscle
  - Stretches; muscle lengthening
  - Exercises; breathing
  - Stretches; body awareness
73. Which of the following describes the correct form to use to execute the Single Arm Side Crunch?
- Lift the right arm over the head reaching it up and out; bend the left elbow, brace the left hand on the left hip; keep the knees slightly bent; bend the right elbow and pull down on an imaginary cable
  - Lift the right arm over the head bending sideways; bend the left elbow; brace the left hand on the left hip; keep the knees straight and pull down on an imaginary cable
  - Lift the right arm over the head while standing erect; keep the knees slightly bent; bend the right elbow and pull down on an imaginary cable
  - Lift the right arm over the head reaching it up and out; bend the left elbow; brace the left hand on the hip; keep the knees straight; bend the right elbow and pull down on an imaginary cable

74. Which of the following best explains the purpose of Martial Arts drills?
- To provide a warm-up and stretch
  - To help develop a sense of feeling centered and moving in an energy efficient manner
  - To learn how to punch and kick from the core
  - To develop more endurance and power when unconsciously moving through activities
75. Which of the following statements is false regarding plyometric training?
- Plyometrics should be performed on a soft surface
  - Plyometrics can be performed using body weight, medicine balls, stability balls and therabands
  - Plyometric training can be used to strengthen injured or weak knees, hips, ankles and backs
  - Plyometric training can be used to increase aerobic capacity
76. Which of the following statements best explains the purpose of partner drills?
- Partner drills are only used to develop speed
  - Partner drills train the abs by requiring them to stabilize the torso against moves made by one partner against the other
  - Partner drills are used to increase flexibility with one partner assisting the other in stretches
  - Partner drills are used to evaluate form by one partner observing the other partner move
77. Which of the following statements is true regarding the Punch Bodywork exercises?
- When partner one strikes partner two, partner two holds their breath to tighten their abs
  - Partners trade gentle strikes to all parts of the upper body
  - Partners trade punches for five minutes at a time
  - When partner one strikes partner two, partner two immediately exhales forcing their ab muscles to contract

78. Which of the following is true regarding including Kick Drills as part of an abdominal program?
- Kicks work the legs and strong legs are vital to developing core strength
  - Kick drills increase overall flexibility
  - Kick drills help improve stability and balance
  - All of the above are true
79. Which of the following correctly describes a variation to the Cat Cow exercise?
- Curl the left leg to a 90 degree hamstring curl; flex the left arm to a 90 degree flex at the elbow
  - Curl the left leg to a 90 degree hamstring curl; flex the right arm to a 90 degree flex at the elbow
  - Curl the left leg to a 90 degree hamstring curl; extend the right arm out to the side with the palm down
  - Curl the left leg to a 90 degree hamstring curl; extend the left arm out to the side with the palm down
80. Yoga inspired floor drills are beneficial because they:
- Are performed in a supported position
  - Integrate flexibility and power
  - Allow the muscles to extend beyond their natural range of motion
  - Can be done anywhere
81. All of the following describe the correct form for performing a Forearm Plank except:
- Hands are either slightly less than shoulder width or together
  - Arms are kept in close to the body
  - Elbows are above the shoulders
  - Head is supported in a neutral position by the neck
82. Which of the following statements best explains why standing exercises work the abdominal muscles?
- When exercising standing the ab muscles have to work to maintain balance during the exercise activity
  - When exercising standing the abs work harder to overcome gravity
  - When exercising standing, knee lifts can be used to simulate reverse curls with the abs working to lift the legs
  - When exercising standing the abs stay contracted to help with breathing
83. Using medicine balls helps train the \_\_\_\_\_ to help with movements used in \_\_\_\_\_ training.
- Skeletal system; plyometric
  - Muscular system; weight
  - Nervous system; weight
  - Nervous system; plyometric

84. The Seated or Sit-Up Exercises are performed in a \_\_\_\_\_ using a \_\_\_\_\_.
- Prone position with arms overhead; stability ball
  - Supine bent knee sit up position; medicine ball
  - Supine position with the feet off the floor and legs bent; medicine ball
  - Seated with legs extended into a V-sit; medicine ball
85. When beginning Double Ball exercises, the participant should first:
- Bounce on the stability ball to practice balancing
  - Bounce the medicine ball on the floor in front them
  - Practice tossing and catching the ball before tossing to and catching from a partner
  - Practice tossing the ball to a partner first, then practice catching the ball
86. Plyometric training utilizes the \_\_\_\_\_ in the muscles to make movements faster and more powerful
- Stretch reflex
  - Myostatic stretch reflex
  - Stretch-recoil effect
  - Stretch resist effect
87. Which of the following is not considered a plyometric power exercise?
- Medicine-Ball Kick-Up
  - Walking Lunge
  - Jumping up and down as fast as possible
  - Medicine-Ball Toss and Throw
88. All of the following statements regarding exercising in a pool are true except:
- All types of exercise except plyometrics can be performed in a pool
  - Pool workouts can be as intense as land workouts
  - When exercising in a pool, the water creates a natural resistance
  - Pool exercises are good alternatives for people who feel unstable exercising on land
89. For beginners or overweight or older participants, it is recommended they use a stability ball that is:
- Inflated until it is very firm
  - Smaller so they are sitting closer to the ground
  - Larger and softer
  - Placed between supports
90. Which of the following puts more emphasis on working the abdominal muscles when performing a Supine Incline Trunk Curl on a stability ball?
- Walk the legs forward until the feet are further from the ball
  - Keep the curve of the lower back on the middle of the ball and the buttocks further away from the floor
  - Slant the body on the ball so that the buttocks are close to the ground
  - Place the feet on a chair about the same height as the ball