



010-111^{Q&As}

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QUESTION 1

What resistance training method is being used when the client is performing a set of bicep curls immediately followed by triceps pushdowns?

- A. Pyramid
- B. Supersets
- C. Plyometrics
- D. Split routine

Correct Answer: B

QUESTION 2

From a seated position, with dumbbells to the sides, raising the dumbbells laterally to shoulder level with elbows slightly flexed, exercises primarily the _____:

- A. bicep brachii and latissimus dorsi
- B. posterior deltoid
- C. anterior deltoid and triceps brachii
- D. middle deltoid.

Correct Answer: D

QUESTION 3

Which of the following exercise program variables describes a change in intensity?

- A. Changing activity from treadmill to stair-stepper.
- B. Increasing a treadmill incline by five degrees.
- C. Increasing the number of workout days from two to three per week.
- D. Increasing treadmill running time from 20 to 30 minutes.

Correct Answer: B

QUESTION 4

What two muscles, along with the supraspinatus and infraspinatus, make up the rotator cuff?

- A. Teres minor and scalenus



- B. Teres minor and subscapularis
- C. Teres major and scalenus
- D. Teres major and subscapularis

Correct Answer: B

QUESTION 5

What position should women in their second or third trimester of pregnancy avoid when performing exercise?

- A. Prone
- B. Supine
- C. On their side
- D. On all fours (hands and knees)

Correct Answer: B

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