

# Sophomore Weight Training Review Questions (43)

1. If you were able to do 10 arm curls with 30 pounds without stopping to rest, you would have done
  - a. 10 super sets at 30 lbs.
  - b. 10 exercises at 30 lbs.
  - c. 10 sets at 30 lbs.
  - d. 10 reps at 30 lbs.
2. If you were to bench press 150 pounds one time and this was the most you could lift one time, this would be an example of your
  - a. training weight.
  - b. repetition max.
  - c. strength and endurance of your upper body.
  - d. one rep max (1 RM)
3. \_\_\_\_\_ would be an example of a max lift.
  - a. 1 rep at 175 lbs.
  - b. 8 reps at 175 lbs.
  - c. 3 sets of 3 reps at 175 lbs.
  - d. 1 set at 175 lbs.
4. Muscular strength is defined as
  - a. the ability of the muscle to maintain a workload for a given length of time.
  - b. the enlargement of muscle that results from strength training.
  - c. the size of the individual muscle.
  - d. the maximum amount of work that the muscle can perform at one given time.
5. If you were to do 10 arm curls with 30 pounds without stopping to rest and do another 10 arm curls after a short rest, you would have done
  - a. 20 reps at 30 lbs.
  - b. 20 sets at 30 lbs.
  - c. 2 sets of 10 reps at 30 lbs.
  - d. 2 reps max at 30 lbs.
6. Hypertrophy is defined as
  - a. the ability of the muscle to maintain a workload for a given length of time.
  - b. the enlargement of the muscle that results from strength training.
  - c. the size of the individual muscle.
  - d. the maximum amount of work that the muscle can perform at one given time.
7. When talking about strength training and the term "Overload Principle" is used this refers to:
  - a. using Olympic weights.
  - b. putting more stress on the muscle than generally used to.
  - c. using more weight than your 1 RM.
  - d. nothing about weight training.
8. If you were working in the "Negative Range" of a lift you would be:
  - a. applying force against the weight (lifting it).
  - b. resisting against the weight (lowering it).
  - c. doing more reps than called for.
  - d. cooling down after a work out.

9. Athlete's strength training for a sport should use a program that will
- exercise only those major muscle groups which are the primary movers for the sports performance.
  - it is best not to use a strength program when training for a sport.
  - a total body strength program is the most efficient program when training for a sport.
  - concentrate only on the smaller muscle groups.
10. Time (or rest) between workouts of major muscle groups should:
- be less than 24 hours.
  - depends on the desired results.
  - depends on how long you work out each day.
  - be no more than 48-72 hours.
11. Increased muscular fitness is important because it will
- decrease your flexibility.
  - improve your posture and appearance.
  - make you look big and bulky.
  - make you weight less than a fat person.
12. The reason for limiting your weight training workout to three sessions per week is
- people don't have time to train more than three times per week.
  - to give muscles time to rest from intense work.
  - to improve the flexibility of muscle tissue.
  - to permit the cardiovascular system to fully recover.
13. The procedure of increasing weight loads every several weeks is known as
- muscle balance.
  - progression.
  - retrogression.
  - specificity.
14. During the lifting phase of weight training, it is recommended that you
- exhale air.
  - exhale and inhale air.
  - hold your breath.
  - exhale air.
15. When exerting yourself during weight training, which of the following should you do?
- Drop the weight during the Negative Phase of the exercise.
  - Hold your breath when lifting.
  - Squeeze the bar tightly.
  - Work at your own pace.
16. Which is a safety consideration for weight training?
- Concentrate on strength when beginning a program.
  - Go through the complete range of motion to increase flexibility.
  - Larger muscles should be exercised first.
  - Warm-up is not important.
17. What is moving away from the center line of the body called?
- flexion
  - extension
  - abduction
  - adduction

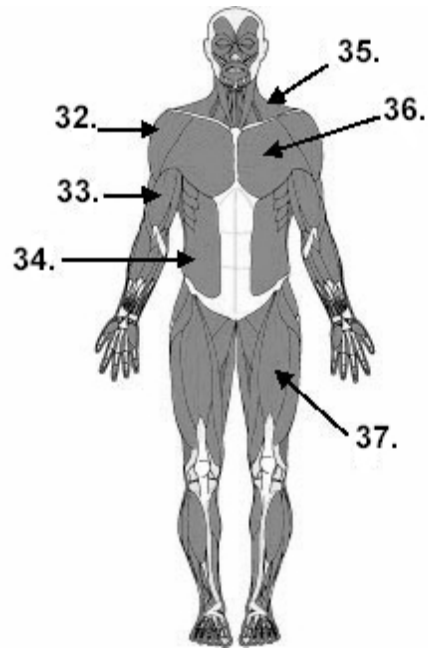
18. What is a rep?
- The selected number of cycles.
  - The raising and lowering of the weight.
  - A complete round in circuit training.
  - A designated number of sets.
19. Which muscle group is on the front of the upper arm?
- biceps
  - triceps
  - quadriceps
  - soleus
20. What is the primary muscle group of the buttocks?
- hamstrings
  - triceps
  - quadriceps
  - gluteus maximum
21. In doing sit-ups how can the muscles on the sides of the abdominals (obliques) be better exercised?
- by doing more repetitions
  - by doing more sets
  - by folding the arms across the chest
  - by touching an elbow to the opposite knee
22. Primarily, what muscles does the bench press develop?
- pectorals and the front part of the deltoids
  - pectorals and abdominals
  - triceps and biceps
  - triceps and spinal erectors
23. Which exercise is best for developing the pectorals major?
- barbell shoulder shrugs
  - lateral raises
  - curls
  - fly's on bench
24. What muscle groups does the lat-pull down machine especially work?
- abdominal
  - deltoids
  - pectorals
  - latissimus dorsi.
25. What safety factor must be considered any time one is working with free weights?
- competent spotter
  - lift at the same time of day
  - lift the same weight in all repetitions
  - decrease the number of sets
26. What breathing pattern should be followed in lifting weights?
- take a deep breath before lifting and hold it throughout the lift
  - take a deep breath and exhale before lifting
  - take a deep breath as you are lifting and exhale as you let down weight
  - take a deep breath before lifting and exhale as you lift
27. Which exercises would train your triceps?
- triceps extension
  - triceps press down
  - triceps kick-backs
  - all of these

28. The preacher curls works what muscle?
- a. forearms
  - b. biceps
  - c. triceps
  - d. deltoids
29. The leg extension trains what muscles?
- a. hamstrings
  - b. calves (gastrocnemius)
  - c. quadriceps
  - d. gluteus
30. Abdominals can be trained by what exercise?
- a. crunches
  - b. squat
  - c. bench press
  - d. pull-ups

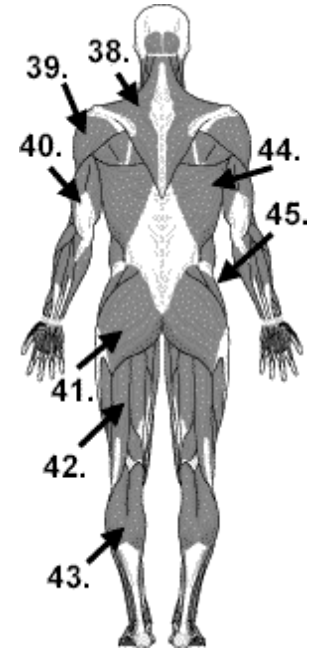
### **Life Lab Question:**

31. To emergency stop when on the treadmill you should
- a. roll off the back until your feet hit the floor.
  - b. hold yourself up off the tread by using the side rails.
  - c. push the red stop button.

### Front View



### Back View



- A. Biceps
- B. Triceps
- C. Deltoids
- D. Gluteus Maximus
- E. Oblique
- AB. Gastrocnemius

- AC. Trapezius
- AD. Latissimus Dorsi
- AE. Hamstrings
- BC. Quadriceps
- BD. Pectoralis
- BE. RectusAbdominis

**\* Two (2) muscles are used twice \***