



CEC QUIZ:

Every Body Is Different: Understanding Joint Differences & Finding a Safe, Effective Range of Motion (1.0 Physical CEC) By: Chase Crouse

Name: _____ Date: _____

1. What exercise did the speaker talk about at the beginning of the meet up?
 - a. Lunge 1
 - b. Pike
 - c. Hip Release
 - d. Squat
2. If your goal for squat is to target the quadriceps, where is the most flexion occurring?
3. If your goal is to activate the glutes during a squat, where is the most flexion happening?
4. Everytime you go into a routine you need to have a _____ in mind.
5. In a squat, if your _____ are _____ it puts pressure on your knees.
6. When looking at range of motion during an exercise, what are the three essential questions?



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7. We want to do exercises _____ free.
8. We should stop at the initial point of tightness in _____ training.
9. To gain muscle, you have to get in close proximity to
- a. your goal
 - b. failure
 - c. owning the movement
10. Having it means you can do the exercise _____. Owning it means you can stop the exercise _____ . Controlling it means you can purposely pump up or down the _____ of the exercise.
11. One hard working set per week will _____ the muscle you already have.
12. A working set is within how many reps of failure?
- a. 10
 - b. 8
 - c. 5
13. Who said, "There is no such thing as a Catholic chemistry; there is just chemistry."