Lower-body Resistance Training: Increasing Functional Performance with Lunges

Note: This quiz may be used by the CSCS- and NSCA-Certified Personal Trainer to acquire 0.5 CEUs.
The article for this quiz begins on page 67.

1. Which of the following phrases describes where the feet should be placed when stepping forward in the forward walking lunge?
   A. shoulder width apart
   B. in a straight line
   C. next to each other
   D. 30 cm apart

2. An inflexibility of which of the following muscle groups will have the most detrimental effect on proper lunge exercise technique?
   A. hip flexors
   B. quadriceps
   C. vertebral extensors
   D. abdominals

3. Which of the following is a recommended preparatory exercise for the front lunge exercise?
   A. split squat
   B. leg extension
   C. push press
   D. hip sled

4. Which of the following lunge exercises is helpful for athletes who often change from forward sprinting to backpedaling?
   A. lateral
   B. forward walking
   C. reverse
   D. front

5. Which of the following lunge exercises places the greatest stress on the hip adductors?
   A. front
   B. reverse with jump
   C. lateral
   D. angled forward walking

6. Which of the following lunge exercises requires only basic exercise technique?
   A. reverse
   B. front
   C. walking
   D. lateral

7. Which of the following lunge exercises most closely mimics the training outcome of the power clean?
   A. forward walking
   B. angled forward walking
   C. reverse with jump
   D. front with dumbbells

8. Which of the following exercises produces the greatest vertical force?
   A. split squat
   B. front lunge
   C. knee extension
   D. front squat

9. Which of the following lunge exercises requires the least amount of hip range of motion?
   A. angled forward walking
   B. reverse
   C. front
   D. forward walking

10. Which of the following reasons explains why the split position may help athletes improve lower body dynamic stability?
    A. increased bilateral deficit
    B. decreased single-limb focus
    C. increased proprioceptive demand
    D. decreased dynamic flexibility

The answers to this quiz will appear in Vol. 21(2).

Answers to the CEU Quiz in Vol. 20(6) of the Strength and Conditioning Journal
#CSCS and NSCA-Certified
#Personal Trainer
#CEU Quiz Answer Form

Resistance Training With Other Populations:
Justifications, Benefits, Protocol
(pages 67–72)

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**Directions:**

Fill in the circle that represents your selection of the best answer for each of the previous questions. To receive 0.5 CEUs, you must (1) answer 70% of the questions correctly, (2) complete the form below (a photocopy is acceptable), (3) include a $15 (U.S. funds) check payable to the NSCA Certification Commission, and (4) mail these by April 2, 1999, to:

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