

Webinar Quiz
“Metabolic Training for Fat Loss - HIT Millennium Style”
November 17, 2010
(by Juan Carlos Santana)

1. Which of the following is the most lipolytic hormone in the body?
 - A. cortisol
 - B. aldosterone
 - C. testosterone
 - D. growth hormone

2. According to this webinar which of the following indicates the appropriate progressions for circuit training?
 - I. slow to fast
 - II. power to volume
 - III. quality before quantity
 - IV. mini before giant circuits
 - A. I, II and III only
 - B. I, III, and IV only
 - C. II, III, and IV only
 - D. I, II, and IV only

3. Which of the following is the BEST application for metabolic training during the strength phase?
 - A. flush sets
 - B. circuit training
 - C. power endurance circuits
 - D. post-workout conditioning

4. Which of the following is the recommended order for periodization of metabolic training?
 - A. power, strength, power endurance, hypertrophy
 - B. strength, power endurance, hypertrophy, power
 - C. hypertrophy, strength, power, power endurance
 - D. power endurance, hypertrophy, power, strength

5. All of the following characterize metabolic training EXCEPT
 - A. repetitive in nature.
 - B. sustained contractions.
 - C. high speed movements.
 - D. less than 30 seconds in duration.

6. Which of the following statements is characteristic of lactic acid?
 - A. It improves pain tolerance.
 - B. It is an important fuel source.
 - C. It causes the blood to become acidic.
 - D. It is responsible for muscle soreness.

7. Which of the following mechanisms associated with HIT training is PRIMARILY responsible for enhancing fat loss?

- A. decreased cortisol
- B. decreased growth hormone
- C. increased lactic acid production
- D. increased hydrogen ion production

8. According to research by Rhadi Ferguson, which of the following increased as a result of the chest crank push-up protocol?

- I. 1 RM bench press
- II. 1 RM clean and jerk
- III. 225-lb repetition-to-failure back squat test
- IV. 225-lb repetition-to-failure bench press test

- A. I and II only
- B. II and III only
- C. III and IV only
- D. I and IV only

9. Which of the following is the BEST application for metabolic training during the hypertrophy phase?

- A. flush sets
- B. circuit training
- C. power endurance circuits
- D. post-workout conditioning

10. Leg Cranks (24 squats, 24 lunges, 24 split jumps and 12 squat jumps) is an example of which of the following types of circuit?

- A. biased
- B. general
- C. push/pull
- D. single modality



ANSWER FORM – WEBINAR QUIZ

“Metabolic Training for Fat Loss” (by Santana)				
	A	B	C	D
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