CEU Quiz (0.1 CEU)

Xtreme Muscle Stack: Creating the Perfect Anabolic Storm

Name: _____ Date:_____

Address:_____

City: _____ State: _____ Zip: _____

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(If Available)

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(Please Print Clearly)

Sources: Appendix 3-Supplement Reference Guide (SRG); Article Link
http://www.dotfit.com/thestack
Muscle Gain & Performance Stack (PDF)

___ 1. Recent research has confirmed that it is the immediate pre-exercise period when the greatest changes in muscle protein synthesis and tissue structure occurs, making this a critical aspect in the building process.
   a. True
   b. False

___ 2. Using diet to harness the body's most powerful muscle building hormone, _____, will reduce muscle catabolism (breakdown) and increase muscle anabolism (buildup), leading to maximum net increases in muscle synthesis.
   a. Testosterone
   b. Cortisol
   c. Insulin
   d. Epinephrine

___ 3. Strength training triggers the release of the catabolic hormones _____ and _____, which work to breakdown glycogen and muscle proteins to supply energy and produce work.
   a. Cortisol and epinephrine
   b. Cortisol and insulin
   c. Cortisol and testosterone
   d. Insulin and epinephrine

___ 4. Without adequate protein, ideal insulin activation will not occur, recovery from intense workouts will not be ideal, and muscular stores of energy for the next workout will be suboptimal.
   a. True
   b. False

___ 5. We now know there are certain times when muscle building is at its peak and we refer to these times as:
   a. Anabolic windows
   b. Catabolic windows
   c. Metabolic windows
   d. Carbon-dating windows

___ 6. The short period of time when muscle cells become highly receptive to the incoming nutrients responsible for muscle building is a range of:
   a. 60-90 minutes post workout
   b. 30-60 minutes post workout
   c. 20-30 minutes post workout
   d. 0-30 minutes post workout

___ 7. For even the hardest training bodybuilder when calories are not severely restricted, a protein intake of up to ___ gram per pound of bodyweight is more than enough to allow for increased needs due to intense workouts and adding muscle.
   a. 1.5
   b. 1.0
   c. 1.8
   d. 2.0

___ 8. Numerous studies have demonstrated that the inclusion of "immediate" pre- & post-training, fast-acting carbohydrate/sugars and protein feedings can stimulate muscle protein synthesis and reduce muscle damage to a far greater extent than _____ _____.
   a. Anabolic steroids
   b. Gene doping
   c. Normal eating patterns
   d. All of the above

___ 9. In most cases, while trying to increase muscle size, carbohydrates should make up _____ of your total caloric intake.

a. 40-60%
b. 40-65%
c. 45-60%
d. 45-65%

___ 10. When bodybuilders are in the off-season energy balance phase, they should follow the same protein recommendations as strength athletes. However, during negative energy balance en route to competition-level body fat, protein requirements may dramatically increase.

a. True
b. False

___ 11. The formulas used in scientific studies are all relatively the same: within the range of _____ parts carbohydrate (CHO) (made up of primarily glucose polymers) to 1 part protein and low to no fat.

a. 1-4
b. 2-4
c. 2.5-4
d. 1.5-4

___ 12. Very recently it was discovered that although the post-training metabolic window is active for as much as 60-90 minutes, its maximum activity (greatest nutrient uptake and protein synthesis capabilities) takes place _____ of the training session.

a. within 10-20 minutes
b. immediately at the end
c. within 10 minutes
d. within 20 minutes

13. The final component to maximizing size and performance gains is the integration of _____.
    a. sports psychology
    b. visualization techniques
    c. dietary supplements
    d. unwavering faith

Please note: 11 of 13 questions must be answered correctly for CEU award (>80%)

Send your completed quiz:

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