

Chapter 1 Quiz: Philosophy & Technical Concepts

1. T/F – Monotony is the death of exercise training.
2. T/F – Higher training rates of frequency are desirable for maximal results.
3. Which is the best answer for APX' desired annual training frequency?
 - A. 250-300 days per year
 - B. 240-300 days per year
 - C. 260-300 days per year
 - D. 270-300 days per year
4. Which one of these factors are essential to follow the APX philosophy?
 - A. Instructing and coaching
 - B. Every second of every rep counts
 - C. Science means nothing without accountability
 - D. All of the above
5. Which of these describes monotony the best?
 - A. Every day is exactly the same
 - B. A lack of desired change
 - C. Boring
 - D. A lack of change that makes something boring
6. T/F – Relative strength athletes are predominately gymnasts and fighters.
7. T/F – Hypertrophy athletes are predominately basketball and baseball players.
8. Which one of these is a desired APX Strength Quality?
 - A. Relative
 - B. Elastic Hypertrophy
 - C. Fast Endurance
 - D. Ballistic Hypertrophy
9. T/F – You are out of a job if you don't create a winning training environment.
10. What is the definition of 'Optimal'?

Answers: 1.) T 2.) T 3.) C 4.) D 5.) D 6.) T 7.) F 8.) A 9.) T 10.) Best; Most effective

