

CM1 Lifting Video Test

Name: _____

Date: _____

Directions: All answer options are written in bold below each question. Circle the correct answer. Make sure to put your name and date on the papers.

1. Most back problems develop gradually over _____.

Time, Typical, Tension

2. Your most strength is in the power position, which is the _____ position of any muscle.

Marsupial, Middle, Manicle

3. Always to try to _____ from your mid point or power position.

Loft, Laugh, Lift

4. The demands of a lift are influenced greatly by the position of your _____ body during the lift.

Upper, Other, Auto

5. Keep your upper body out of the _____.

Lift, Cliff, Situation

6. Three principles that make any lift less demanding: 1. Keep it close and keep to the curves, 2. Build a Bridge, 3. _____ First

Eyes, Me, Feet

7. The farther a load is from your body the heavier it is on your _____.

Brick, Wallet, Back

8. The farther your reach the weaker your _____ gets.

Brain, Back, Barn

9. Get as close as you can to an _____ before you pick it up.

Objections, Overtones, Object

10. If possible when bending forward put forward an arm or leg or both to build a _____.

Barge, Binge, Bridge

11. Don't let your upper body go anywhere your _____ don't go first.

Frigerator, Pheat, Feet

12. When you start a lift by positioning your feet then your upper body naturally follows and the upper body stays closer to the _____ position.

Flower, Pony, Power

13. Move your feet into position first and you will move faster and your back will be less

risk of _____.

Inch, Jury, Injury

14. _____ up lets your body know what's coming

Climbing, Jumping, Warming

15. The easiest way to prepare for a task is to do the same activity at a lesser

_____.

Insensitivity, Incense, Intensity

16. Stretching opens up the muscles and lets your body _____/

Breathe, Braid, Bronco

17. The rule of _____ says whatever you do in one direction stretch in the other direction.

the Jungle, Orangatang, Opposites

18. Always warm up first, don't _____ and keep breathing though out the stretch.

Beyonce, Blink, Bounce