

POWERLIFT:
Lifting Training That Works
REVIEW QUIZ

Name _____ Date _____

The following questions are provided to check how well you understand the information presented during this program.

1. Back injuries typically develop over a period of time as opposed to happening in one painful event.
 - a. true
 - b. false

2. Which of the following problems with the squat lift technique is considered the main flaw?
 - a. having to rock onto the balls of our feet
 - b. placing your feet shoulder-width apart
 - c. the deep knee bend required when we squat

3. The spine is in its strongest lifting posture when it is straight.
 - a. true
 - b. false

4. When using the tipping load powerlift, very tall objects should be tipped _____ your body.
 - a. toward
 - b. away from

5. When performing a tripod lift, pushing down on the load as you rise helps to push you up.
 - a. true
 - b. false

6. When doing a golfer's bend with support from your right hand, which foot must stay on the floor?
 - a. right
 - b. left

7. If you can feel the lift in your back when performing a lean-bar lift, you are not leaning with enough force.
 - a. true
 - b. false

8. About how much strength do you add when you bridge to an object to eliminate the added weight of your upper body from a lift?
 - a. a quarter
 - b. a third
 - c. a half

ANSWERS TO THE REVIEW QUESTIONS

1. a

2. c

3. b

4. b

5. a

6. b

7. a

8. b