CEU Quiz – performance dotFIT (0.1 CEU)

Name: _________________________________________  Date:____________________

Address:____________________________________________________________________

City: _________________________________  State: ______  Zip: ______________
dotFIT Certification # ___________________ Club:_______________________________

E-mail:___________________________________________________________
(Please Print Clearly)

Sources: Supplement Reference Guide (SRG) at http://www.dotfit.com/SRG; Product Videos

1. CreatineXXL is a good recommendation for anaerobic athletes who desire to enhance performance without weight gain.
   a. True
   b. False

2. CreatineXXL works by...
   a. Increasing phosphocreatine levels in muscle
   b. Increases aerobic capacity
   c. Increases muscle cell swelling
   d. Increases hand-eye coordination
   e. Both a & c
   f. All of the above

3. It is an economical and conservative recommendation for a novice exerciser to use CreatineXXL.
   a. True
   b. False

4. NO7Rage contains ________________ which has been shown to be the most effective ingredient for inducing nitric oxide (NO) production.
   a. L-arginine
   b. L-glutamine
   c. L-citrulline
   d. L-leucine

5. NO7Rage has been shown to improve strength, power, mental focus, reaction time, and enhance muscle size without utilizing central nervous system stimulants?
   a. True
   b. False
6. Correct use of NO7Rage depends on body weight.
   a. True
   b. False

7. Which product would you recommend as a performance aid designed to increase exercise focus, performance, and intensity without weight gain?
   a. MuscleDefender
   b. NO&Rage
   c. WorkoutExtreme
   d. CreatineXXL

8. WorkoutExtreme should be cycled; 3 weeks on & 3 weeks off during intense training cycles.
   a. True
   b. False

9. Recover&Build is comprised of which three amino acids (known as branched chain amino acids)?
   a. Leucine, Arginine, Valine
   b. Leucine, Isoleucine, Lysine
   c. Leucine, Isoleucine, Methionine
   d. Leucine, Isoleucine, Valine

10. WorkoutExtreme utilizes a slow release, tableted delivery system.
    a. True
    b. False

11. Recover&Build is suitable for _________________ exercisers during intense or excessive training bouts.
    a. Advanced
    b. Novice
    c. Intermediate
    d. All of the above

12. On training days, AminoBoostXXL should be taken 45 minutes prior to exercise and again 45 minutes post-workout.
    a. True
    b. False
13. AminoBoostXXL is suitable for all listed below except ________________________.
   a. All athletes
   b. Physique competitors
   c. Older athletes and intense exercisers
   d. Muscle gain clients who have experienced a plateau
   e. All of the above are suitable users

14. The primary ingredient in MuscleDefender is ________________________________.
   a. L-citrulline
   b. L-glutamine
   c. L-leucine
   d. Glucosamine sulfate

15. MuscleDefender should be utilized by exercisers and highly stressed athletes who severely restrict calories.
   a. True
   b. False

16. MuscleDefender should never be used in conjunction with other performance enhancing products.
   a. True
   b. False

Please note: 13 of 16 questions must be answered correctly for CEU award (>80%)

Send your completed quiz:

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