

CEU Quiz – performance dotFIT (0.1 CEU)

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

dotFIT Certification # _____ Club: _____
(If Available)E-mail: _____
(Please Print Clearly)Sources: Supplement Reference Guide (SRG) at <https://www.dotfit.com/SRG>;
Product Videos at <https://www.dotfit.com/product-resource-library>☐

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

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2. ExtremeCreatineXXXL+ 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

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

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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

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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.
- True
 - False
- ☐ 7. Which product would you recommend as a performance aid designed to increase exercise focus, performance, and intensity without weight gain?
- MuscleDefender
 - NO7Rage
 - WorkoutExtreme
 - ExtremeCreatineXXXL+
- ☐ 8. WorkoutExtreme should be cycled; 3 weeks on & 3 weeks off during intense training cycles.
- True
 - False
- ☐ 9. Recover&Build is comprised of which three amino acids (known as branched chain amino acids)?
- Leucine, Arginine, Valine
 - Leucine, Isoleucine, Lysine
 - Leucine, Isoleucine, Methionine
 - Leucine, Isoleucine, Valine
- ☐ 10. WorkoutExtreme utilizes a slow release, tableted delivery system.
- True
 - False
- ☐ 11. Recover& Build is suitable for _____ exercisers during intense or excessive training bouts.
- Advanced
 - Novice
 - Intermediate
 - All of the above
- ☐ 12. On training days, AminoBoostXXL should be taken 45 minutes prior to exercise and again 45 minutes post-workout.
- True
 - 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:

By mail
dotFIT, LLC
c/o Education Dept.
32107 Lindero Canyon Road,
Suite 233, Westlake Village, CA
91361

By Fax
805-273-9001

By Email (scanned)
edu@dotfit.com