

**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 <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.
- True
  - False
7. Which product would you recommend as a performance aid designed to increase exercise focus, performance, and intensity without weight gain?
- MuscleDefender
  - NO&Rage
  - WorkoutExtreme
  - CreatineXXL
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:**

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