

# SSC Fitness Instructor Course Practical Examination

## Stack Weights Station



1. You will be given a maximum of 15 minutes to explain and demonstrate 5 stack weight exercises and their alternatives.
2. Please refer to the marks allocation for each of the 5 exercises below.
3. Please refer to the list of exercises below. These exercises or their variations are testable
4. Refer to sample exam answer for the level of competency expected for this professional certification

<b>Name of Exercise</b>	Identify	1
<b>Muscles</b>	Identify	1
<b>Technique/Form</b>	Before	2
	During	4
	After	2
<b>Safety</b>	Safety Precautions	3
	Breathing	2
	Eye Focus (Specific)	1
<b>Alternative</b>	Explain & demonstrate	2
<b>Spotter Role</b>	Explain & demonstrate	2
		<b>20</b>

Name of Exercise	Muscles	Technique/Form (Explain & demonstrate)	Suggested Safety Precautions (Include rationale)
Chest Press	Pectoralis major Anterior deltoid Triceps brachii	Machine Set-Up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution	Set machine adjustments to individual differences Do not attempt load beyond your capability. Decelerate while returning machine to original position
Chest Flyes	Pectoralis major Anterior deltoid	Machine Set-Up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution	Avoid ballistic or extraneous movement. Use safety lever when returning machine to original position Restrict range of motion and resistance of machine according to individual's abilities.
Assisted Chin-Up	Latissimus dorsi Middle & Lower trapezius Biceps brachii	Machine Set-Up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution	Maintain a firm grip on the handle(s). Lower with control. Exercise care when exiting machine.
Lats Pull Down	Latissimus dorsi Middle & Lower trapezius Biceps brachii	Machine Set-Up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution	Maintain a firm grip on the handle(s). Exercise care when pulling bar pass face. Decelerate while returning machine to original position
Seated Row	Latissimus dorsi Middle trapezius Biceps brachii Posterior deltoid	Machine Set-Up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution	Maintain a straight back when getting into the exercise position Maintain a firm grip on the handle(s). Decelerate while returning machine to original position
Reverse Flyes	Latissimus dorsi Middle trapezius Posterior deltoids	Machine Set-Up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution	Avoid ballistic or extraneous movement. Do not hyperextend joints. Restrict range of motion and resistance of machine according to individual's abilities.
Shoulder Press Cable Upright Row	Deltoids Upper trapezius Triceps brachii (for Shoulder Press only)	Machine Set-Up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution	Check for contraindication prior to executing this exercise Do not attempt load beyond your capability. Lower with control.

Name of Exercise	Muscles	Technique/Form (Explain & demonstrate)	Suggested Safety Precautions (Include rationale)
Biceps Curl / Biceps Cable Curl	Biceps brachii Brachioradialis	Machine Set-Up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution	Avoid ballistic or extraneous movement. Maintain a firm grip on the handle(s). Maintain proper shoulder and neck alignment.
Triceps Extension / Triceps Pushdown	Triceps brachii	Machine Set-Up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution	Maintain a firm grip on the handle(s). Do not attempt load beyond your capability. Decelerate while returning machine to original position
Smith Machine Squats Smith Machine Lunges	Quadriceps Hamstrings Gluteus maximus	Machine Set-Up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution	Ensure that safety catches are set to the appropriate level Ensure dynamic joint alignment. Lock bar prior to exiting the machine.
Leg Press Hack Squat	Quadriceps Hamstrings Gluteus maximus	Machine Set-Up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution	Do not attempt load beyond your capability. Ensure dynamic joint alignment. Secure safety catch prior to exiting the machine.
Hip Abduction (cable/machine)	Gluteus medius Gluteus minimus	Machine Set-Up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution	Avoid ballistic or extraneous movement. Back and neck in neutral position. Restrict range of motion and resistance of machine according to individual's abilities.
Hip Adduction (Cable/machine)	Adductor longus Adductor brevis Adductor magnus	Machine Set-Up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution	Avoid ballistic or extraneous movement. Back and neck in neutral position. Restrict range of motion and resistance of machine according to individual's abilities.
Leg Curl	Hamstrings	Machine Set-Up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution	Check for contraindication prior to executing this exercise Set machine adjustments to individual differences Do not attempt load beyond your capability.
Leg Extension	Quadriceps	Machine Set-Up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution	Check for contraindication prior to executing this exercise Set machine adjustments to individual differences Avoid ballistic or extraneous movement.
Calf Raises (Smith machine/machine)	Gastrocnemius Soleus	Machine Set-Up Form /Technique prior to execution Form /Technique during execution Form /Technique after execution	Do not attempt load beyond your capability. Ensure joint stability while attempting the exercise Secure safety catch prior to exiting the machine.