

Calisthenics Trainer Certification Practice Test Questions and Answers

1. What is a mesocycle in program design?

- A) One day of high-intensity training
- B) Yearly training overview
- C) Several weeks of targeted training
- D) Cooldown protocol

2. Which nutrient plays a key role in muscle repair?

- A) Protein
- B) Carbohydrates
- C) Caffeine
- D) Sugars

3. What joint action is essential during a plank hold?

- A) Dynamic flexion
- B) Rotational twist
- C) Isometric stabilization
- D) Explosive contraction

4. What is the role of magnesium in athletic recovery?

- A) Increases cortisol production
- B) Supports muscle relaxation and protein synthesis
- C) Reduces red blood cell count
- D) Blocks vitamin D absorption

Answers: 1-C 2-A 3-C 4-B

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