

Video: Muscles and Joint Actions of the Crunch & Back Extension Exercises

Sample Multiple Choice Questions

1. When lying on your back, ready to do an abdominal crunch, you are in a _____ position.
 - a. Prone
 - b. Superior
 - c. Supine
 - d. Posterior

2. When performing a plank, you are in a _____ position.
 - a. Prone
 - b. Superior
 - c. Supine
 - d. Posterior

3. The joint action and agonist of the abdominal crunch exercise are:
 - a. Spine flexion, rectus abdominis
 - b. Spine extension, rectus abdominis
 - c. Spine flexion, erector spinae
 - d. Spine extension, erector spinae

4. The joint action and agonist of the prone back extension exercise are:
 - a. Spine flexion, rectus abdominis
 - b. Spine extension, rectus abdominis
 - c. Spine flexion, erector spinae
 - d. Spine extension, erector spinae

5. Complete the table.

ABDOMINAL CRUNCH	Concentric	Eccentric
Gravity	<i>Against (up)</i>	<i>With (down)</i>
Joint Action (spine)		
Muscle Used (agonist)		

6. Complete the table.

PRONE BACK EXTENSION	Concentric	Eccentric
Gravity	<i>Against (up)</i>	<i>With (down)</i>
Joint Action (spine)		
Muscle Used (agonist)		

PRONE BACK EXTENSION	Concentric	Eccentric
Gravity	<i>Against (up)</i>	<i>With (down)</i>
Joint Action (spine)	<i>Extension (hyperextension)</i>	<i>Flexion</i>
Muscle Used (agonist)	<i>Erector spinae</i>	<i>Erector spinae</i>

6.

ABDOMINAL CRUNCH	Concentric	Eccentric
Gravity	<i>Against (up)</i>	<i>With (down)</i>
Joint Action (spine)	<i>Flexion</i>	<i>Extension</i>
Muscle Used (agonist)	<i>Rectus abdominis</i>	<i>Rectus abdominis</i>

5.

Answers:
1. (c) 2. (a) 3. (a) 4. (d)