



## ISHCHEYNE.com REP'S C.E.C EXAM 2010

**How to answer:** Email your answers to [ish@ishcheyne.com](mailto:ish@ishcheyne.com). Your email answers should state the question number first then the letter of your answer (for example) **1. D**

If you are a member of [IshCheyne.com](http://IshCheyne.com) and can answer 8 out of 10 questions correctly you will achieve 7.5 CEC's for your REP's re-registration.

**1. Which of these is not a programme on Ishcheyne.com?**

- A. 1861
- B. The 45
- C. The green mile
- D. 2010

**2. The 10 10 10 rule is what?**

- A. A way to train clients
- B. A way to put prices up
- C. A programme
- D. A client tracking system

**3. In the session "bringing your A game", which of these books is not mentioned?**

- A. Who moved my cheese?
- B. One minute manager
- C. Love marks
- D. Blink

**4. In the programme "2010" how long are the events?**

- A. 3min
- B. 2min
- C. 1min
- D. 30sec

- 5. In the interview with Anna Slone she said?**
- A. People in NZ do not eat enough protein
  - B. People in NZ eat more protein than they need
  - C. People in NZ don't like to eat protein
  - D. People in NZ don't know what protein is
- 6. In the programme "The Beast" the reps on the leg press are?**
- A. 50
  - B. 100
  - C. 150
  - D. 200
- 7. In the session "Ish Live at Business Grow", he talks about the trainers at the bottom of the success pyramid being?**
- A. Old
  - B. Muppets
  - C. Young
  - D. Successful
- 8. In the audio on "Phone calls", how many calls did Ish suggest you should make around the first session?**
- A. 1
  - B. 2
  - C. 3
  - D. 4
- 9. In the interview with Steve Rickard he says "the best thing you can do when creating a business is"?**
- A. Have as many points of contact with clients as possible
  - B. Only target clients over 30
  - C. Have a part time job
  - D. Stick to weight training
- 10. In the audio "Spicing up 2010", which of these is not one of the suggestions?**
- A. Styles of workout
  - B. Fitness testing
  - C. Stretch targets
  - D. Rehabilitation