

Body Builder Interview Questions And Answers Guide.



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Body Builder Job Interview Preparation Guide.

Question # 1

Tell me who are you trying to impress?

Answer:-

I guess you are your own harshest critic. You compare ... competition photos from one year to the next.

But then at the same time you put in all that work and you want to go and do the competitions to see where you're at, compare yourself against other best naturals in the world.

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Question # 2

Tell us are the basic exercises and basic workouts the best?

Answer:-

The basics have value, sometimes great value, but again, like strength training, building a great physique often requires more than just this. If a young, natural bodybuilder, whose structure includes poor shoulder width and easily developing glutes, does excessive squats and military presses, his shoulder width won't improve and his glutes will become even more out of proportion to the rest of his physique.

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Question # 3

Tell me how do prohormones boost testosterone?

Answer:-

Non-prescription prohormones are the basic, raw materials a man's body needs to produce testosterone. The following prohormones (androstenedione, androstenediol, norandrostenediol, and norandrostenedione) are close "cousins" of testosterone. From a scientific standpoint, that means they're only one small biochemical step away from actually being testosterone.

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Question # 4

Tell me what is the best mass building biceps exercise?

Answer:-

Certainly standing barbell curl.

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Question # 5

What is stretching?

Answer:-

Stretching is extremely important before and after you work out. If you take 3-5 minutes to stretch before you work out, it will be safer, and you won't get hurt. Those 3 minutes of stretching can save you from an injury that could keep you out of the gym for months.

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Question # 6

Tell us what are reps?

Answer:-

A rep is one full completed repetition in whatever exercise you are doing.

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Question # 7

Tell us what foods are inexpensive and high in protein?



Answer:-

- * 1 - tuna
- * 2 - peanut butter (also has healthy fats)
- * 3 - cottage cheese
- * 4 - milk
- * 5 - microwaveable meat
- * 6 - Salmon
- * 7 - turkey/chicken breast
- * 8 - Almonds, Peanuts, Cashews
- * 9 - Eggs

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Question # 8

Tell me how do I get better at doing pullups?

Answer:-

By doing pullups. Once you progress enough to be able to do 10 proper pull-ups, then try adding weights and doing weighted pull-ups. Pull-ups are a great exercise for your back (they are one of my favorites in addition to deadlifts).

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Question # 9

What is aerobic Exercise?

Answer:-

Prolonged, moderate-intensity work that uses up oxygen at or below the level at which your cardiorespiratory (heart-lung) system can replenish oxy-gen in the working muscles. Aerobic literally means with oxygen, and it is the only type of exercise which burns body fat to meet its energy needs. Bodybuilders engage in aerobic workouts to develop additional cardiorespiratory fitness, as well as to burn off excess body fat to achieve peak contest muscularity. Common aerobic activities in-clude running, cycling, swimming, dancing, and walk-ing. Depending on how vigorously you play them, most racquet sports can also be aerobic exercise.

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Question # 10

What is bodybuilding?

Answer:-

A type of weight training applied in con-junction with sound nutritional practices to alter the shape or form of one's body. In the context of this book, bodybuilding is a competitive sport nationally and inter-nationally in both amateur and professional categories for men, women, and mixed pairs. However, a majority of individuals use bodybuilding methods merely to lose excess body fat or build up a too thin part of the body.

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Question # 11

What is cholesterol?

Answer:-

A type of fat that, although most widely known as a "bad fat" implicated in promoting heart disease and stroke, is a vital component in the production of many hormones in the body. There are different types of cholesterol: namely, HDL and LDL (HDL being the "good" form and LDL being the "bad" form).

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Question # 12

Tell us why do you do it?

Answer:-

I started training in the gym to improve sport that I was doing at school. A kid over the road started to get better vertical leap for basketball, and I was doing basketball and athletics.

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Question # 13

Tell us if I get stronger, won't I automatically get bigger?

Answer:-

Not necessarily. Developing strength and developing muscle size can be related, can overlap, but they don't always do so. This is confusing not only for beginning bodybuilders, but for many experienced ones as well. Unfortunately, most drug-free bodybuilders have completely bought into the concept that "If I lift more weight, I'll have to get bigger, my muscles will have to grow."

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Question # 14

Tell me is there a difference between types of creatines that are currently available?

Answer:-

As some people are aware, you can now find creatine on the market in three forms: phosphate, citrate, and monohydrate. My feeling is that the phosphate variety is not easily absorbed by the body and for this reason will not yield effective and substantial results. The citrate variety seemed to be catching on for a time, but again the research is sketchy here. In fact, nearly all the positive clinical studies that have been done on creatine have utilized the monohydrate form, and this is the only form that I currently recommend.



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Question # 15

Tell us what works best for rear delts?

Answer:-

The best exercise for rear delts is descending sets of bent-over dumbbell flies. Take a weight you can do 12 reps with. Then make 3 cheated reps. Without any rest drop down a weight and take new pair of dumbbells you able to do about 10 reps with. Continue to decrease a weight set by set doing 5-10 reps until your muscles give up. Rest about 2 minutes and make one more set, following the above mentioned technique. 2 sets are sufficient.

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Question # 16

Tell me how do I lose weight?

Answer:-

Also known as cutting, you lose weight by eating less calories than your body uses throughout the day. You may have to experiment a little to find the right number for you, but try around 2500-3000 calories. While cutting you should have your diet in check so that you can maintain muscle while losing mostly fat. You will most likely lose some strength while cutting, but you cannot avoid that. It's worth it though, still to it and you'll be shredded in no time.

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Question # 17

What is progress?

Answer:-

Every week, try to add 5 pounds to your compound lifts without sacrificing form. Also, add weight on for your other exercises too; however, these other exercises, such as lateral raises, take time to make progress in. You may not progress every week enough to add weight, but try to. If you stop making progress, then either change your routine or your diet (or both). Either your routine hasn't been changed in a while and your muscles have become accustomed to it or you aren't eating enough calories in your diet (it's much easier to progress in strength while bulking than cutting --- in fact, while cutting, your strength will most likely decline).

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Question # 18

Tell me how do I increase my bench press?

Answer:-

There are many ways to increase your bench press. Most importantly, if you gain weight, your bench will most likely go up if you are doing everything correctly. Another way is to switch up your routine. For example, you can switch to dumbbells or barbells for a month. There are many articles on this website alone that specifically focus on how to increase your bench. Just use google. Books can be written on this subject. The simplified answer is eat well, sleep, and train consistently, and your bench will go up.

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Question # 19

Suppose I hurt myself lifting. What should I do?

Answer:-

If the pain doesn't go away, you should go see your doctor and take a break from lifting.

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Question # 20

Suppose I cannot even do one pullup. What should I do?

Answer:-

Do other exercises for your back and build it up until you can. Either that, or you can have someone assist your pull-ups by pushing your feet up somewhat to lessen the load.

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Question # 21

What are anabolic Drugs?

Answer:-

Also called anabolic steroids, these are artificial male hormones that aid in nitrogen retention and thereby add to a male bodybuilder's muscle mass and strength. These drugs are not without hazardous side effects, however, and they are legally available only through a physician's prescription. Steroids are available in most gyms via the black market, but it is very dangerous to use such unknown substances to increase muscle mass.

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Question # 22

What is basic Exercise?

Answer:-

A bodybuilding exercise which stresses the largest muscle groups of your body (e.g., the thighs, back, and/or chest), often in combination with smaller muscles. You will be able to use very heavy weights in basic exercises in order to build great muscle mass and physical power. Typical basic movements include squats, bench presses, and deadlifts.



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Question # 23

What is chinning Bar?

Answer:-

A bar attached high on the wall or gym ceiling, on which you can do chins, hanging leg raises, and other movements for your upper body. A chinning bar is analogous to the high bar male gymnasts use in national and international competitions.

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Question # 24

Tell us every bodybuilder takes steroids, right?

Answer:-

As professionals we can't enter the professional division and be eligible for prize money and prizes unless we have a clear drug test, and that's in and out of competition.

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Question # 25

Suppose I want to start bodybuilding. Guide me please on the kinds of workout, time period and the duration?

Answer:-

You should not start from a program for advanced bodybuilders. Begin from basic exercises such as squats, presses, chin-ups and curls. Use weights you can complete 12-15 reps with. Train not more than 3 times a week and your workout should not be longer than one hour. Eat 5-6 meals per day. Sleep at least 8 hours. Here is a simple split:

Monday: squats - 2 set of 15 reps; bench press - 2 x 12; chin-ups - 2 x max; barbell curls - 2 x 12; crunches - 3 x max.

Thursday: military press - 2 x 15; cable pressdowns - 2 x 15, barbell shrugs - 2 x 15; reverse crunches - 3 x max.

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Question # 26

Tell me what body fat % to see abs?

Answer:-

It varies from person to person. Under 12 percent usually.

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Question # 27

Suppose I hate people who curl in the squat rack. What should I do?

Answer:-

Stop whining about it on an internet forum. Tell the person who is doing it. We dont care.

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Question # 28

What are abs?

Answer:-

Abbreviation for abdominal muscles.

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Question # 29

What is antagonist?

Answer:-

Muscle that counteracts the agonist, lengthening when agonist muscle contracts.

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Question # 30

What is atrophy?

Answer:-

Withering away - decrease in size and functional ability of tissue or organs.

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Question # 31

Tell us how important is nutrition? What percentage would you ascribe to its importance?

Answer:-

Nutrition should not really be looked at as a percentage of importance. Instead, it should be considered an integral part of your bodybuilding. There is training and nutrition, and both should be maximized for anyone to come closer to reaching their bodybuilding potential.



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Question # 32

Explain me isn't the term "hard gainer" a cop-out for bodybuilders who don't train hard enough?

Answer:-

No. The term hard gainer can be helpful to locate and diagnose training and nutrition problems, which is a first step toward finding the best approaches for making gains. The value in understanding whether you are a hard gainer or not is that you can find alternative approaches that work best for you.

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Question # 33

Tell me how many days per week should I train?

Answer:-

Depends on your level. Average drug-free bodybuilder should train 2-3 times per week.

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Question # 34

Tell me why do my forearms hurt when I am doing Bicep Curls?

Answer:-

Most likely because you have weak forearms. Try to strengthen them with forearm exercises.

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Question # 35

What is abyss?

Answer:-

A barrier which stands between knowing what needs to be done and actually doing it

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Question # 36

What is adhesion?

Answer:-

Fibrous patch holding muscles or other parts together that are normally separated.

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Question # 37

What is amino acids?

Answer:-

A group of compounds that serve as the building blocks from which protein and muscle are made.

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Question # 38

Tell me do you basically live in the gym?

Answer:-

Certainly I have ramped it up now getting ready for my contest in United States in two and three weeks' time - it is a six-day-a-week thing, but in the offseason it might be three or four sessions.

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Question # 39

Tell me how many sets should drug-free bodybuilders do?

Answer:-

It varies with the person and objective. A general range might be from one to ten sets per muscle group, with four to six sets being a good middle range. One set would usually involve the so-called high-intensity method, while the ten set workout would obviously be a volume workout-perhaps specialization on a lagging muscle group, only to be done for a short period of time-and most likely with lighter or moderate poundages.

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Question # 40

Tell us what is the difference between Testosterone and Nortestosterone?

Answer:-

Testosterone is the most important hormone in the male body. It plays a key role in determining energy, mood, libido, muscular development. Testosterone is converted into the end hormones estrogen and DHT as part of the natural metabolic process. The production of these two hormone by-products can sometimes cause side effects (such as hair loss or prostate enlargement).

While the range of Nortestosterone's benefits are somewhat more limited than those of Testosterone, this hormone does not convert to DHT or estrogen and is therefore a better option for androgen-sensitive men. Nortestosterone is also a better choice for men who specifically seek the anabolic effects of Testosterone such as



increased muscle size, strength, and more rapid recovery from training and injury.

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Question # 41

Tell me how do I gain weight?

Answer:-

Also known as bulking, you simply gain weight by eating more calories than your body uses throughout the day. You may have to experiment a little to find the right number of calories that you need to eat, but try about 3000 - 3500 for the first week and see if you gain any weight. Everyone is different with how much food they need to eat, so experiment to find and see what works for you. While bulking, you need to make sure that you aren't just adding fat. Track your progress in the mirror or in progress pictures to ensure that you are bulking properly. Some fat gain is inevitable while bulking, but don't get carried away with it. I see way to many people posting year apart progress pictures of them just gaining fat and little to no muscle - do not be one of those people. This is easily avoided by having a good diet and routine.

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Question # 42

Suppose my metabolism is the reason I cannot lose weight...what should I do?

Answer:-

Yet again, stop making excuses for your lack of dedication. Eat less calories than your body needs (probably 2500-3000), and you will lose weight. If you have trouble eating less calories, then add running into your routine too to burn more calories. Remember, calories in vs. calories out.

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Question # 43

What is agonist?

Answer:-

Muscle directly engaged in contraction, which is primarily responsible for movement of a body part.

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Question # 44

What is barbell?

Answer:-

Weight used for exercise, consisting of a rigid handle 5-7' long, with detachable metal discs at each end.

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Question # 45

What is anabolic Steroid?

Answer:-

Synthetic chemical that mimics the muscle-building characteristics of the male hormone testosterone.

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Question # 46

What is cheating?

Answer:-

A method of pushing a muscle to keep working far past the point at which it would normally fail to continue contracting due to excessive fatigue buildup. In cheating you will use a self-administered body swing, jerk, or otherwise poor exercise form once you have reached the failure point to take some of the pressure off the muscles and allow them to continue a set for two or three repetitions past failure.

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Question # 47

Please explain isn't high-intensity training the best way to train?

Answer:-

So-called high-intensity training is not usually (and certainly not exclusively) the best way to train. Let me say that brief training does have value, though training to limit reps or failure, less so. This kind of workout can deliver results-though for many it does not.

The amount of effort as measured against the results is often unfavorable. This is its key flaw, and is a conclusion from empirical evidence, not theories. It often works best as an occasional, not main, training method. If you like it and it works, keep doing it; but if it doesn't, modify it or change to something else that does.

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Question # 48

Tell me the "Best Workout" - what's this?

Answer:-

The ideal workout is compromised of a minimum number of sets and exercises per body part, recruits as many muscle fibers as possible, and allows plenty of rest.

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Question # 49



What is cardio?

Answer:-

Cardiovascular exercise is a great way to lose some calories while also strengthening your cardiovascular system. Make sure that you don't neglect cardio. You don't want to be jacked yet unable to run a mile in a respectable time. Although some people can get away with doing cardio altogether, I believe that is really helpful in cutting off whatever fat you have left. When I added cardio to my routine, I began to get more vascular and cut.

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Question # 50

Tell me what should my diet consist of?

Answer:-

Try to eat at least 1 gram of protein for each pound that you weigh (For example, a 160 lber would eat 160 grams of protein) every day. I mainly try to eat foods that are high in protein and low in simple sugars. Some examples of foods that are great for muscle building are tuna, chicken, peanut butter, oats, milk, and eggs. There's nothing wrong with having a snack or a cheat meal every now and then (genetics pending).

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Question # 51

What is abduction?

Answer:-

Movement of a limb away from the middle of the body, such as bringing the arm to shoulder-height from a hanging-down position.

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Question # 52

What are benches?

Answer:-

A wide variety of exercise benches is available for use in doing barbell and dumbbell exercise either lying or seated on a bench. The most common type of bench, a flat exercise bench, can be used for chest, shoulder, and arm movements. Incline and decline benches (which are angled at about 30-45 degrees) also allow movements for the chest, shoulders, and arms.

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Question # 53

What is carbohydrates?

Answer:-

Organic compounds containing carbon, hydrogen, and oxy-gen. They're a very effective fuel source for the body. The different types of carbohydrates include starches, sugars, and fibers. (carbohydrates con-tain four calories per gram. Glucose-blood sugar-is a carbohydrate used by every cell in the body as fuel.

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Question # 54

Suppose I take 57381578 supps but I don't see results? Why is this?

Answer:-

Because your diet sucks. A good diet is more important than supplements. Supplements only benefit you if your diet is in check.

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Question # 55

Do you know what is the difference between 'Andro' and 'NorAndro' prohormones?

Answer:-

'Andro' prohormones support the production of testosterone. 'Norandro' prohormones support the production of nortestosterone.

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Question # 56

Tell me so how much do you eat each day?

Answer:-

In training mode - so in offseason and trying to grow and develop my physique - it will be between 5,000-6,000 calories a day.

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Question # 57

Tell me what is HIIT Cardio?

Answer:-

High Intensity Interval Cardio. To do HIIT, just walk for a minute, then run for a minute, and keep alternating between the two for about 15-20 minutes. Try to run hard enough so that you are winded when you walk.

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Question # 58



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Suppose I hate how my gym is always packed. What should I do?

Answer:-

Ask someone to work in with them. People are friendly and will usually let you work in with them. Just be respectful and offer to spot them/take the weight off when you are done.

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Question # 59

Tell me what is biomechanics?

Answer:-

Science concerned with the internal and external forces acting on a human body and the effects produced by these forces.

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Question # 60

What is antioxidant?

Answer:-

Small compounds that minimize tissue oxidation and help control free radicals and their negative effects.

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Question # 61

Tell me why have I stopped progressing?

Answer:-

There are many reasons why you have stopped progressing. Try to make changes to any of the following things and you will probably begin progressing again.

1 - You do not get enough sleep

2 - Your diet sucks

3 - You haven't changed up your workout in a while.

- Remember, just because your lifts aren't becoming stronger does not mean that you aren't progressing in the mirror.

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Question # 62

As you know I'm a woman, will weight training make me overly muscular?

Answer:-

No. Women generally cannot get as big as men. If you are very worried about this, just stick to low weight and high reps. Using this method you are sure not to add to much size. Weight training can be very helpful to women in that it will increase the total number of calories burned in a day and it may help stop bone-loss. So don't be afraid to pick up some weights, it won't do you any harm.

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Question # 63

Tell us what was it like to win a pro card?

Answer:-

For me to win my pro-card was a dream come true especially because I was very skinny when I started and with no apparent genetics for this sport. I never thought at that time that one day I was going to become a professional natural bodybuilder.

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Question # 64

Tell us when cutting/bulking?

Answer:-

Keep your goals in mind. If you're bulking, make sure that you're not gaining too much fat. If you're cutting, make sure that you're not losing too much muscle on your cut. The mirror and progress pictures are useful tools to ensure that you're doing everything correctly. Sure, you may gain some fat when bulking, but if that's the only thing you're gaining, then you're doing it wrong.

[Read More Answers.](#)

Question # 65

Suppose my metabolism is the reason I cannot gain weight...what should I do?

Answer:-

Your metabolism may be a little faster than someone else's, but you can still easily gain weight by eating a little bit more. Stop using your "fast metabolism" as an excuse. You're the only one who can change your physique. I myself have gone from weighing 100 pounds to weighing 160 pounds, so there is no reason that you cannot accomplish this too.

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Question # 66

What are androgenic drugs?

Answer:-

Androgenics are drugs that simulate the effects of the male hormone testosterone in the human body. Androgens do build a degree of strength and muscle mass, but



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they also stimulate secondary sex characteristics such as increased body hair, a deepened voice, and high levels of aggression. Indeed, many bodybuilders and powerlifters take androgens to stimulate aggressiveness in the gym, resulting in more productive workouts

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Question # 67

What is warming up?

Answer:-

Warming up for compound exercises, such as benching, deadlifts, and squats, is also important. To warm up, use weight that you can easily do for 15-20 reps for your first set. After you finish this set, work your way up in weight until you comfortably reach your working set. Try not to tire yourself out by warming up too much though. There is a balance to be found. Warming up will help prevent injuries.

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Question # 68

Tell us what's the most important aspect of training?

Answer:-

Workouts that work for you. You should begin with general workouts, though eventually the most productive workouts will be the ones you've used and refined, so that they have the specific elements you need and eliminate those you don't.

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Question # 69

Explain what are the most common benefits of using prohormones?

Answer:-

Benefits often include increased muscle size and strength, quicker muscle recovery, better energy and reduced joint pain; a heightened sense of well-being and a stronger libido.

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Question # 70

Tell me when should I drink my protein shakes?

Answer:-

Shortly after your workout or whenever you do not have enough time to eat actual solid food. It should be used as a meal replacement when you do not have enough time to eat real food. Being that whey protein is somewhat expensive, I suggest minimizing your use of it in your diet in order to save money. Food is just as good, if not better than, your protein shakes. In addition, you can also have casein, a slow dissolving protein before bed.

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Question # 71

What is burn?

Answer:-

A beneficial burning sensation in a muscle that you are training. This burn is caused by a rapid buildup of fatigue toxins in the muscle and is a good indication that you are optimally working a muscle group. The best bodybuilders consistently forge past the pain barrier erected by muscle burn and consequently build very massive, highly defined muscles.

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Question # 72

What is breathing?

Answer:-

Breathing properly is very important while working out. Breathe out during the effort phase of the exercise. For example, you would breathe in when bringing the bar down in a bench, and you would breathe out when you push the bar up.

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Question # 73

Tell me what about eating clean?

Answer:-

By eating clean, I assume you mean low fat or very low fat eating. This is not always appropriate for natural trainers, or at least not all the time. Hard gainers, for example, often have a terrible time gaining on low fat nutrition (without beef, eggs-the whole egg- & milk).

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Question # 74

Tell us how many cheat meals should I have a week?

Answer:-

There is absolutely nothing wrong with having a cheat meal every now and then. Don't go overboard and learn to control your urges. Personally, I have a bag of chips every other day and fast food once a week. You can have junk food every now and then if it fits into your diet, just don't go overboard.

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Question # 75

Tell me what are your favorite exercises?

Answer:-

I love training legs. I love training my quads and my lower back because of my height! Since I'm tall, I need to make sure my core is strong! I know those are the exercises that will hurt, so I always look forward to beating those parts up!

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Question # 76

Tell me what is anaerobic Exercise?

Answer:-

Exercise of much higher intensity than aerobic work, which uses up oxygen more quickly than the body can replenish it in the working muscles. Anaerobic exercise eventually builds up a significant oxygen debt that forces an athlete to terminate the exercise session rather quickly. Anaerobic exercise (the kind of exercise to which bodybuilding training belongs) burns up glycogen (muscle sugar) to supply its energy needs. Fast sprinting is a typical anaerobic form of exercise.

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Question # 77

Tell us what is form?

Answer:-

Don't sacrifice your form to lift heavier weights. You'll make more progress BB curling 70 pounds correctly (without swinging your back or moving your elbows) than by curling 90 pounds. You just look like stupid when you are lifting weights that you cannot handle. What's the point of going to the gym? (Vainly increasing numbers, or actually making progress and being able to handle those numbers). You can sacrifice some form every now and then (My form for BB rows is pretty bad sometimes), but don't do anything major or you will end up hurting yourself.

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Question # 78

Tell me will alcohol effect my muscle gain?

Answer:-

An occasional drink won't hurt. But binge drinking or having a few beers a day is not good for gaining muscle and losing fat. Alcohol is very fattening and it also retards muscle growth. So try not to drink that often or large amounts

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Question # 79

What is adduction?

Answer:-

Movement of a limb toward the middle of the body, such as bringing the arm down after being extended at the shoulder.

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Question # 80

What is accommodating Resistance?

Answer:-

Increasing resistance as the lifter's force increases through range of motion. Nautilus machines are said to provide accommodating resistance.

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