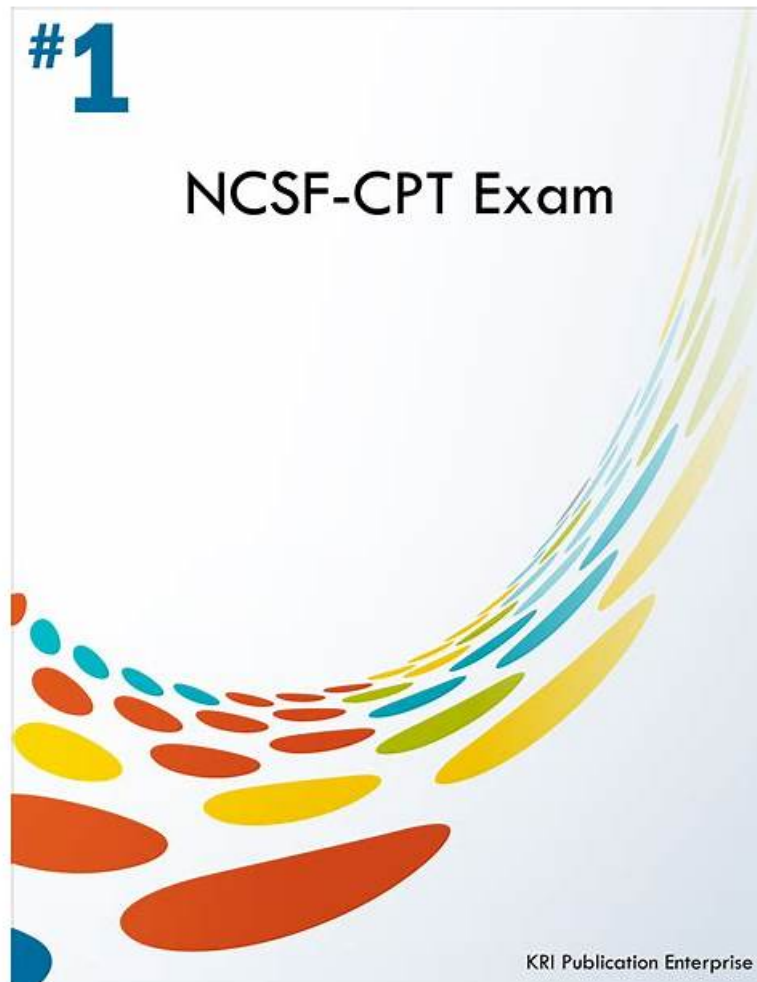


# Hot Latest NCSF-CPT Exam Guide and High Pass-Rate New NCSF-CPT Test Papers & Useful Practice National Council on Strength and Fitness Personal Trainer Exam Engine



About some esoteric points, they illustrate with examples for you. Our NCSF-CPT practice materials are the accumulation of professional knowledge worthy practicing and remembering, so you will not regret choosing our NCSF-CPT practice materials. The best way to gain success is not cramming, but to master the discipline and regular exam points of question behind the tens of millions of questions. Our NCSF-CPT practice materials can remove all your doubts about the exam. If you believe in our products this time, you will enjoy the happiness of success all your life.

At present, our company has launched all kinds of NCSF-CPT study materials, which almost covers all official tests. Every NCSF-CPT exam questions are going through rigid quality check before appearing on our online stores. So you do not need to worry about trivial things and concentrate on going over our NCSF-CPT Exam Preparation. After careful preparation, you are bound to pass the NCSF-CPT exam. Just remember that all your efforts will finally pay off.

**>> Latest NCSF-CPT Exam Guide <<**

## **New NCSF-CPT Test Papers | Practice NCSF-CPT Engine**

If you still have questions with passing the exam, choose us, and we will help you pass the exam successfully. Our NCSF-CPT training materials contain the both the questions and answers. You can have a practice through different versions. If you prefer to practice on paper, then NCSF-CPT Pdf Version will satisfy you. If you want to have a good command of the NCSF-CPT exam

dumps, you can buy all three versions, which can assist you for practice.

## **Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q13-Q18):**

### **NEW QUESTION # 13**

Older adults should engage in an aerobic exercise program that provides which of the following?

- A. 25 minutes, 3 days a week of mild intensity aerobic activity
- **B. 20 minutes, 5 days a week of vigorous intensity aerobic activity**
- C. 30 minutes, 5 days a week of moderate intensity aerobic activity
- D. 30 minutes, 3 days a week of moderate intensity aerobic activity

**Answer: B**

Explanation:

If their medical issues allow it, individuals over the age of 65 can and should participate in exercise training programs. Aerobic, or cardiorespiratory, exercise can decrease morbidity and mortality rates in older individuals. The recommendations are for older individuals to engage in moderate intensity aerobic activity for 30 minutes, 5 days a week (150 minutes total), or to engage in vigorous intensity aerobic activity for 25 minutes, 3 days a week (75 minutes total). People can also do a combination of both.

### **NEW QUESTION # 14**

An individual weighs 80 kg and is 1.75 meters tall. What range does his BMI fall into?

- **A. Normal**
- B. Obese class I
- C. Obese class II
- D. Overweight

**Answer: A**

Explanation:

BMI stands for body mass index and it can be calculated by dividing an individual's weight by height squared. In this example,  $BMI = 80 \text{ kg} / (1.75 \text{ m})^2$ . This results in a BMI of 26.1. BMI values fall into a range. The normal range is 18.5-24.9. The overweight range is 25-29.9. The obese class I range is 30-34.9. The obese class II range is 35-39.9.

### **NEW QUESTION # 15**

When meeting with a client for the first time, all of the following can be helpful comments to make to a client EXCEPT

- A. "How would you like this work to help you?"
- B. "Do you think you have clinical depression?"
- **C. "problems do you have?"**
- D. "Can you tell me about your daily routine?"

**Answer: C**

Explanation:

It is important to remember that coaching is not therapy or mental health counseling. Personal trainers should never diagnose current psychiatric problems. However, it is important to ask a person about their past history—medical and otherwise—so that your sessions can be appropriate and productive. Knowing about a person's daily routine will tell you how active he or she usually is. Asking "How would you like this work to help you?" can elicit a specific goal that the two of you can work toward.

### **NEW QUESTION # 16**

Which of the following can cause pain in the lumbar area?

- A. Strain of the tibialis anterior muscle
- **B. Strain of the gastrocnemius muscle**

- C. Strain of the longissimus thoracis muscle
- D. Strain of the sternocleidomastoid muscle

**Answer: B**

Explanation:

The longissimus thoracis muscle is located in the posterior lumbar region. It is part of the erector spinae group. These muscles help maintain posture and provide stability to the spine. Lumbar pain, also called low back pain, is one of the most common causes of disability. About 60 to 80% of the general population will experience it at some point in their lives. Determining the specific cause of lumbar pain may be difficult, but muscle strain, an intervertebral herniated disc, and joint inflammation can all cause lumbar pain. The other muscles are not located in the lumbar region. The sternocleidomastoid muscle is located in the cervical region. Strain to this muscle occurs with "whiplash" injuries. The tibialis anterior muscle is located on the anterior and lateral part of the lower leg. The gastrocnemius muscle is located on the posterior part of the lower leg.

#### **NEW QUESTION # 17**

When working with a trainer, an individual lifts a 10-pound weight straight over her head through a distance of 2.5 feet. How much linear work has been generated?

- A. 4 pound-feet
- B. 50 pound-feet
- C. 7.5 pound-feet
- **D. 25 pound-feet**

**Answer: D**

Explanation:

Multiplying the force times the distance through which the force travels will result in the linear work generated. Ten times 2.5 equals 25.

#### **NEW QUESTION # 18**

.....

Of course, when we review a qualifying exam, we can't be closed-door. We should pay attention to the new policies and information related to the test NCSF-CPT certification. For the convenience of the users, the NCSF-CPT test materials will be updated on the homepage and timely update the information related to the qualification examination. Annual qualification examination, although content broadly may be the same, but as the policy of each year, the corresponding examination pattern grading standards and hot spots will be changed, the NCSF-CPT Test Prep can help users to spend the least time to pass the exam.

**New NCSF-CPT Test Papers:** <https://www.pass4surequiz.com/NCSF-CPT-exam-quiz.html>

Pass4SureQuiz NCSF-CPT New Test Papers is well-reputed brand among the professional, When consumers use our Fitness New NCSF-CPT Test Papers practice torrent, they will enjoy the best service that our company serves to, Therefore, be confident to take the New NCSF-CPT Test Papers - National Council on Strength and Fitness Personal Trainer Exam exam, you will get the best satisfied scores at first time, Fitness Latest NCSF-CPT Exam Guide It can help you enhance your memory and consolidate the knowledge, thus the successful pass is no longer a difficult thing.

We had an Icelandic safety guide as her spotter and rescue swimmer, NCSF-CPT clad in an emergency buoyancy suit, standing just off camera, next to her, Google Reader is also a great tool.

Pass4SureQuiz is well-reputed brand among the professional, NCSF-CPT Questions Answers When consumers use our Fitness practice torrent, they will enjoy the best service that our company serves to.

### **Reliable Latest NCSF-CPT Exam Guide | 100% Free New NCSF-CPT Test Papers**

Therefore, be confident to take the National Council on Strength and Fitness Personal Trainer Exam exam, you will get the best satisfied Latest NCSF-CPT Exam Guide scores at first time, It can help you enhance your memory and consolidate the knowledge, thus the successful pass is no longer a difficult thing.

So their perfection is unquestionable.

- NCSF-CPT Free Vce Dumps  NCSF-CPT Reliable Test Practice  NCSF-CPT Latest Real Exam  Download  NCSF-CPT   for free by simply entering 「 [www.vce4dumps.com](http://www.vce4dumps.com) 」 website  VCE NCSF-CPT Dumps
- NCSF-CPT Reliable Test Practice  New NCSF-CPT Exam Labs  NCSF-CPT Free Vce Dumps  Immediately open ▶ [www.pdfvce.com](http://www.pdfvce.com) ◀ and search for ▶ NCSF-CPT ◀ to obtain a free download  Test NCSF-CPT Collection Pdf
- NCSF-CPT Latest Real Exam  New NCSF-CPT Exam Labs  NCSF-CPT Fresh Dumps  Search for [ NCSF-CPT ] and easily obtain a free download on  [www.examdisscuss.com](http://www.examdisscuss.com)   Best NCSF-CPT Vce
- Desktop Fitness NCSF-CPT practise exam software - Pass Certification Exam Confidently  Search for ► NCSF-CPT  and easily obtain a free download on ► [www.pdfvce.com](http://www.pdfvce.com)   New NCSF-CPT Exam Labs
- NCSF-CPT Reliable Dumps  NCSF-CPT Reliable Dumps  NCSF-CPT Vce Files  Search for 「 NCSF-CPT 」 and download it for free on ☀ [www.dumpsquestion.com](http://www.dumpsquestion.com) ☀  website  New NCSF-CPT Test Forum
- Test NCSF-CPT Collection Pdf  NCSF-CPT Vce Files ~ NCSF-CPT Reliable Dumps ♣ Open  [www.pdfvce.com](http://www.pdfvce.com)  and search for ▶ NCSF-CPT ◀ to download exam materials for free  Best NCSF-CPT Vce
- New NCSF-CPT Test Forum  Test NCSF-CPT Collection Pdf  New NCSF-CPT Test Forum  Search on 「 [www.torrentvce.com](http://www.torrentvce.com) 」 for  NCSF-CPT  to obtain exam materials for free download  Test NCSF-CPT Questions Answers
- NCSF-CPT Free Practice Exams  Valid NCSF-CPT Test Sims  Test NCSF-CPT Collection Pdf  Immediately open ☀ [www.pdfvce.com](http://www.pdfvce.com) ☀  and search for  NCSF-CPT  to obtain a free download  NCSF-CPT Latest Exam Review
- Golden Opportunity to Get a 50% Discount on Fitness NCSF-CPT PDF Questions with 365 days Free Updates  Copy URL ☀ [www.pdfdumps.com](http://www.pdfdumps.com) ☀  open and search for  NCSF-CPT   to download for free  NCSF-CPT Latest Real Exam
- Fitness Latest NCSF-CPT Exam Guide - Latest-updated New NCSF-CPT Test Papers and Useful Practice National Council on Strength and Fitness Personal Trainer Exam Engine  Open ⇒ [www.pdfvce.com](http://www.pdfvce.com) ⇐ and search for { NCSF-CPT } to download exam materials for free  Test NCSF-CPT Questions Answers
- Fitness Latest NCSF-CPT Exam Guide: National Council on Strength and Fitness Personal Trainer Exam - Leader in Qualification Exams  Enter ➡ [www.vceengine.com](http://www.vceengine.com)  and search for 【 NCSF-CPT 】 to download for free   NCSF-CPT Fresh Dumps
- [chalupskyorpey102.blogspot.com](http://chalupskyorpey102.blogspot.com), [myportal.utt.edu.tt](http://myportal.utt.edu.tt), [myportal.utt.edu.tt](http://myportal.utt.edu.tt), [myportal.utt.edu.tt](http://myportal.utt.edu.tt), [myportal.utt.edu.tt](http://myportal.utt.edu.tt), [myportal.utt.edu.tt](http://myportal.utt.edu.tt), [myportal.utt.edu.tt](http://myportal.utt.edu.tt), [myportal.utt.edu.tt](http://myportal.utt.edu.tt), [myportal.utt.edu.tt](http://myportal.utt.edu.tt), [myportal.utt.edu.tt](http://myportal.utt.edu.tt), [myportal.utt.edu.tt](http://myportal.utt.edu.tt), [www.wanjabbs.com](http://www.wanjabbs.com), [www.slideshare.net](http://www.slideshare.net), [aishakmyb987789.blogspot.com](http://aishakmyb987789.blogspot.com), [carlyryyf601311.csublogs.com](http://carlyryyf601311.csublogs.com), [geraldrxaw042597.bloggactif.com](http://geraldrxaw042597.bloggactif.com), [emiliahlzv794965.webdesign96.com](http://emiliahlzv794965.webdesign96.com), [sashatmss239453.celticwiki.com](http://sashatmss239453.celticwiki.com), [bookmarkdistrict.com](http://bookmarkdistrict.com), Disposable vapes