

CPT Valid Test Answers - CPT Reliable Exam Materials

CSEP CPT Exam

what is the average stroke volume during exercise and at rest? - ANSWERRest: 70

mL/b

Exercise: 120-190mL/b

what is the average cardiac output at rest and during Exercise? - ANSWERRest: 4900

mL/min

Exercise: 22800-34200 mL/min

What is the fuel for the anaerobic alactic system? Duration? By products? -

ANSWERFuel: ATP and PCr

Duration : 0-15 secs

By products: ADP, Cr, Pi

What is the fuel for the anaerobic lactic system? Duration? By-products? -

ANSWERFuel: CHO

Duration: 15-120 secs

By-Products: Lactic Acid, 2 ATP/mol CHO

What is the fuel for the aerobic system? Duration? By-products? - ANSWERFuel: CHO,

Fats, and Proteins (5%)

Duration: 120 -several hours

By-Products: Heat, 36 ATP/mol CHO, H2O, CO2

What is the valid direct measure of MAP or VO2? - ANSWERA breath by breath

analysis whereby the subject is hooked up to an analyzer via a hose/mask. The contents of each breath is then analyzed while incrementally increasing the WR/WL until the subject can no longer maintain the intended intensity minimum or the tester deems them unfit to continue.

What are METs? - ANSWERA MET or Metabolic Equivalent is the ratio of energy consumption to a reference metabolic rate set by convention to 3.5 ml O2/kg/min.

What are the METs during light intensity, moderate intensity, vigorous intensity, and

moderate-vigorous intensity PA? - ANSWERLight: >1.5 MET <3.0

Moderate: 3-6 METS

Vigorous: >6 MET

Mod-Vig: All Activities > 3 METs

Define Muscular Strength. - ANSWERis the ability to produce maximal force at a given speed.

What's more, part of that TrainingQuiz CPT dumps now are free: <https://drive.google.com/open?id=1dyOZ7ajeVOhbtjq2BswmycHeX13kHN-S>

As you know, our v practice exam has a vast market and is well praised by customers. All you have to do is to pay a small fee on our CPT practice materials, and then you will have a 99% chance of passing the exam and then embrace a good life. We are confident that your future goals will begin with this successful exam. So choosing our CPT Training Materials is a wise choice. Our CPTpractice materials will provide you with a platform of knowledge to help you achieve your dream.

The wording is fully approved in our CPT Exam Guide. They handpicked what the CPT exam torrent usually tests in exam recent years and devoted their knowledge accumulated into these CPT study tools. Besides, they keep the quality and content according to the trend of the CPT practice exam. As approved CPT exam guide from professional experts their quality is unquestionable. Our agreeable staffs are obliging to offer help 24/7 without self-seeking intention and present our after-seals services in a most favorable light. We have patient colleagues offering help and solve your problems and questions of our materials all the way.

>> CPT Valid Test Answers <<

2026 Perfect CPT Valid Test Answers | CPT 100% Free Reliable Exam Materials

If you find the most suitable CPT study materials on our website, just add the CPT actual exam to your shopping cart and pay

money for our products. Our online workers will quickly deal with your orders. We will follow the sequence of customers' payment to send you our CPT Guide questions to study right away with 5 to 10 minutes. It is quite easy and convenient for you to download our CPT practice engine as well.

NASM Certified Personal Trainer Exam Sample Questions (Q13-Q18):

NEW QUESTION # 13

A client has an overactive lateral gastrocnemius. Which of the following types of flexibility training is appropriate for this client?

- A. Static
- B. Active
- C. Plyometric
- D. Dynamic

Answer: A

Explanation:

For an overactive lateral gastrocnemius, the CPT7 guide recommends static stretching to lengthen the muscle and reduce tension via autogenic inhibition. Static flexibility involves holding a stretch for ~30 seconds, allowing the Golgi tendon organs to signal relaxation. This is part of the corrective flexibility approach in NASM's flexibility continuum, used to address overactivity before dynamic or performance-focused stretching. Active or dynamic stretching is better suited for warming up underactive muscles, while plyometric work is not appropriate for addressing overactivity.

NEW QUESTION # 14

A trainer meets an individual who is exercising inconsistently and has taken steps toward a regular exercise program. The trainer should identify that this person is in which of the following Stages of Change?

- A. Precontemplation
- B. Contemplation
- C. Action
- D. Preparation

Answer: D

Explanation:

Someone exercising inconsistently but taking steps toward a regular exercise program is in the preparation stage of change. The CPT7 guide describes this stage as when an individual is planning to take action soon and may be making small behavioral changes, such as occasional workouts, but has not yet established a consistent pattern. Recognizing this stage allows the trainer to focus on strategies that reinforce the client's readiness and help them progress toward the action stage.

NEW QUESTION # 15

When a client is performing a dumbbell chest press, the trainer should spot the client in which of the following locations?

- A. Wrist
- B. Dumbbell
- C. Elbows
- D. Forearms

Answer: A

Explanation:

When spotting a dumbbell chest press, NASM recommends placing the hands at the client's wrists to help control the path of the dumbbells without restricting elbow movement.

Spotting at the elbows or forearms offers less stability and could allow the weight to drift into unsafe positions. Holding the dumbbells directly can disrupt the client's grip and balance. By spotting at the wrists, the trainer can assist only as much as needed while allowing the client to maintain proper form.

NEW QUESTION # 16

A trainer is coordinating with a network of professionals for education and referrals. Which of the following resources would be most beneficial?

- A. Massage therapist
- B. Dentist
- C. School gym teacher
- D. Health insurance provider

Answer: A

Explanation:

For professional collaboration and client referrals, NASM recommends building a network that supports holistic health, performance, and recovery. A massage therapist can assist with muscular recovery, flexibility, and injury prevention, complementing a CPT's program design.

Dentists and health insurance providers are outside the scope of fitness program collaboration. A school gym teacher could be helpful in a youth setting but is not as directly aligned with adult personal training needs.

Therefore, a massage therapist is the most beneficial referral partner in this scenario.

NEW QUESTION # 17

What is stroke volume (SV)?

- A. The measured volume of blood that is pumped throughout the cardiac system in one cycle.
- B. The duration of time that it takes to complete a cycle of blood movement throughout the cardiac system.
- C. The actual volume of blood pumped from the left ventricle of the heart in one beat.
- D. The duration of time and volume ratio that exists between the beginning and end of the cardiac system cycle.

Answer: C

NEW QUESTION # 18

.....

As you all know that practicing with the wrong preparation material will waste your valuable money and many precious study hours. So you need to choose the most proper and verified preparation material with caution. Preparation material for the CPT exam questions from TrainingQuiz helps to break down the most difficult concepts into easy-to-understand examples. Also, you will find that all the included questions are based on the last and updated CPT Exam Dumps version. We are sure that using TrainingQuiz's NASM Exam Questions preparation material will support you in passing the CPT exam with confidence.

CPT Reliable Exam Materials: <https://www.trainingquiz.com/CPT-practice-quiz.html>

NASM CPT Valid Test Answers Besides, when you pay successfully, instant download dumps are available for you, and you can carry out your study without any time waste. Get yourself efficiently prepared with the latest and valid CPT dumps in almost two weeks, NASM CPT Valid Test Answers So you need to take care of the update time if it is updated recent days, TrainingQuiz is always ready to give maximum facilitation to the candidates to give them the great preparation for their CPT online audio training.

How do people handle this distinction, So CPT what would people be searching for and how would you tag that, Besides, when you pay successfully, instant download dumps CPT Reliable Exam Materials are available for you, and you can carry out your study without any time waste.

100% Pass 2026 CPT: NASM Certified Personal Trainer Exam Marvelous Valid Test Answers

Get yourself efficiently prepared with the latest and Valid CPT Dumps in almost two weeks, So you need to take care of the update time if it is updated recent days.

TrainingQuiz is always ready to give maximum facilitation to the candidates to give them the great preparation for their CPT online audio training. But you may find that the CPT test dump is difficult for you.

- Excellent CPT Valid Test Answers – 100% High-quality NASM Certified Personal Trainer Exam Reliable Exam Materials □

P.S. Free 2026 NASM CPT dumps are available on Google Drive shared by TrainingQuiz: <https://drive.google.com/open?id=1dyOZ7ajeVOhbtjq2BswmycHeX13kHN-S>