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NASM certification CPT exam can give you a lot of change. Such as work, life would have greatly improve. Because, after all, CPT is a very important certified exam of NASM. But CPT exam is not so simple.

## NASM Certified Personal Trainer Exam Sample Questions (Q75-Q80):

### NEW QUESTION # 75

In order for exhalation to occur, the diaphragm

- A. contracts, increasing air volume in the lungs.
- B. relaxes, increasing air volume in the lungs.
- C. contracts, decreasing air volume in the lungs.
- **D. relaxes, decreasing air volume in the lungs.**

**Answer: D**

### NEW QUESTION # 76

A trainer is developing an exercise program for a client who has coronary heart disease. Which of the following is an appropriate modification?

- A. Encourage the client to clench his fists during exercise.

- B. Perform exercises in a supine or prone position.
- C. Adjust tempo to avoid extended isometrics.
- D. Reduce frequency to 2 days per week.

**Answer: C**

Explanation:

For clients with coronary heart disease, the NASM CPT7 guidelines recommend avoiding prolonged isometric holds because they can significantly increase blood pressure, placing unnecessary strain on the cardiovascular system. The study guide emphasizes adjusting tempo to reduce extended isometric contractions and focusing on controlled concentric and eccentric actions to maintain circulation and avoid excessive cardiovascular load. Recommended programming includes low-to-moderate intensity, gradual warm-ups, and monitoring of exertion levels, often using the talk test or RPE scale for safety .

According to the NASM CPT7 Study Guide, Zone Two in stage training is characterized by working just below the anaerobic threshold, where the body transitions from primarily aerobic energy production toward greater reliance on anaerobic systems. This zone corresponds to an intensity where the client's breathing rate increases but is still manageable for extended periods. The guide explains that in stage training, Zone 2 is designed to improve the ability to sustain higher intensities for longer durations, enhancing lactate threshold and aerobic capacity. Training near the anaerobic threshold challenges the cardiovascular system while still being sustainable for a moderate duration, making it ideal for endurance development and preparing for higher-intensity efforts in Zone 3 .

#### NEW QUESTION # 77

Which of the following statements best describes a characteristic of zone two of stage training?

- A. "This zone is a recovery zone."
- B. "This zone requires individuals to train near their anaerobic threshold."
- C. "This zone is a true high-intensity workout and cannot be sustained for long periods of time."
- D. "The heart rate consists of 86 to 90 percent of the predicted maximum heart rate."

**Answer: B**

#### NEW QUESTION # 78

What type of resistance is present when training with dumbbells through a full range of motion?

- A. Dynamic Variable Constant Resistance (DVCR)
- B. Dynamic Constant External Resistance (DCER)
- C. Static Variable External Resistance (SVER)
- D. Static Internal Constant Resistance (SICR)

**Answer: B**

#### NEW QUESTION # 79

Which of the following is an appropriate exercise when training a pregnant client in her third trimester?

- A. Squat
- B. Lying leg curl
- C. Superman
- D. Flat bench press

**Answer: A**

#### NEW QUESTION # 80

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