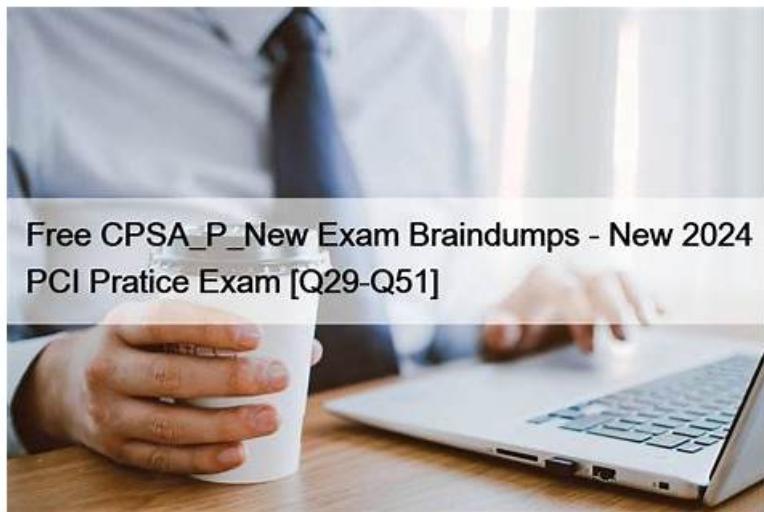


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NASM Certified Personal Trainer Exam Sample Questions (Q184-Q189):

NEW QUESTION # 184

A trainer is holding a consultation with a new client who is in the preparation stage of change. Which of the following actions should the trainer take first?

- A. Perform the shark skill test.
- B. Lead her through a challenging workout.
- C. Design a new workout program using the OPT model.
- D. **Discuss realistic expectations with her.**

Answer: D

Explanation:

In the preparation stage of the Transtheoretical Model, the client is getting ready to start regular activity but has not yet established a consistent routine. The NASM CPT7 Study Guide emphasizes that the trainer's initial focus should be on building rapport, setting realistic expectations, and helping the client develop a clear plan rather than jumping into testing or advanced program design. This discussion fosters motivation, commitment, and clarity, ensuring the client transitions smoothly into regular training with sustainable

habits.

NEW QUESTION # 185

A trainer is designing an exercise program for a client who has hypertension. Which of the following core- stabilization exercises should the trainer include?

- A. Marching
- B. Standing cobra
- C. Two-leg floor bridge
- D. **Prone isometric abdominals**

Answer: D

Explanation:

For clients with hypertension, NASM recommends low-intensity core stabilization exercises that avoid excessive isometric contractions of large muscle groups, avoid heavy loading, and maintain controlled breathing to prevent excessive blood pressure spikes. The prone isometric abdominal exercise (commonly known as a forearm plank) activates deep core stabilizers, such as the transversus abdominis and multifidus, without requiring high spinal loads or large dynamic movements. The Study Guide emphasizes that

"stabilizers... contract isometrically to stabilize the trunk and joints as the body moves" and that core stabilization should be prioritized before progressing to more dynamic exercises. The other options, like two- leg floor bridge or marching, can be useful for core activation but may involve more hip movement and higher intra-abdominal pressure. Standing cobra is a postural endurance exercise for the upper back and shoulders, not specifically a primary core stabilization drill. The prone isometric abdominal exercise thus fits both the physiological safety needs for hypertension and NASM's progression model.

NEW QUESTION # 186

What is the first byproduct of adenosine triphosphate (ATP) production?

- A. Oxaloacetate
- B. Citrate
- C. **Pyruvate**
- D. Malate

Answer: C

NEW QUESTION # 187

Which of the following verbal directions should a trainer provide a client to engage local core stabilizers?

- A. "Brace."
- B. **"Draw-in."**
- C. "Retract."
- D. "Bear down."

Answer: B

Explanation:

The NASM CPT7 Study Guide describes the drawing-in maneuver as an activation technique to engage local core stabilizers such as the transversus abdominis, internal obliques, and multifidus. This involves pulling the navel in toward the spine while maintaining a neutral pelvis and spine.

The "bear down" cue is associated with the Valsalva maneuver, which increases intra-abdominal pressure but does not specifically target local stabilizers. "Retract" usually refers to scapular movement, and "brace" is more about global core stabilization involving simultaneous contraction of the abdominal and low back muscles. For training local stabilizers, the correct verbal cue is "Draw-in."

NEW QUESTION # 188

Which of the following BEST describes health as it relates to trainer-client assessment?

- A. The client's purposeful zest for life
- **B. The condition of the client's current physical state**
- C. The performance measure of the client's maximal ability
- D. The client's ability to avoid disease through exercise

Answer: B

NEW QUESTION # 189

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