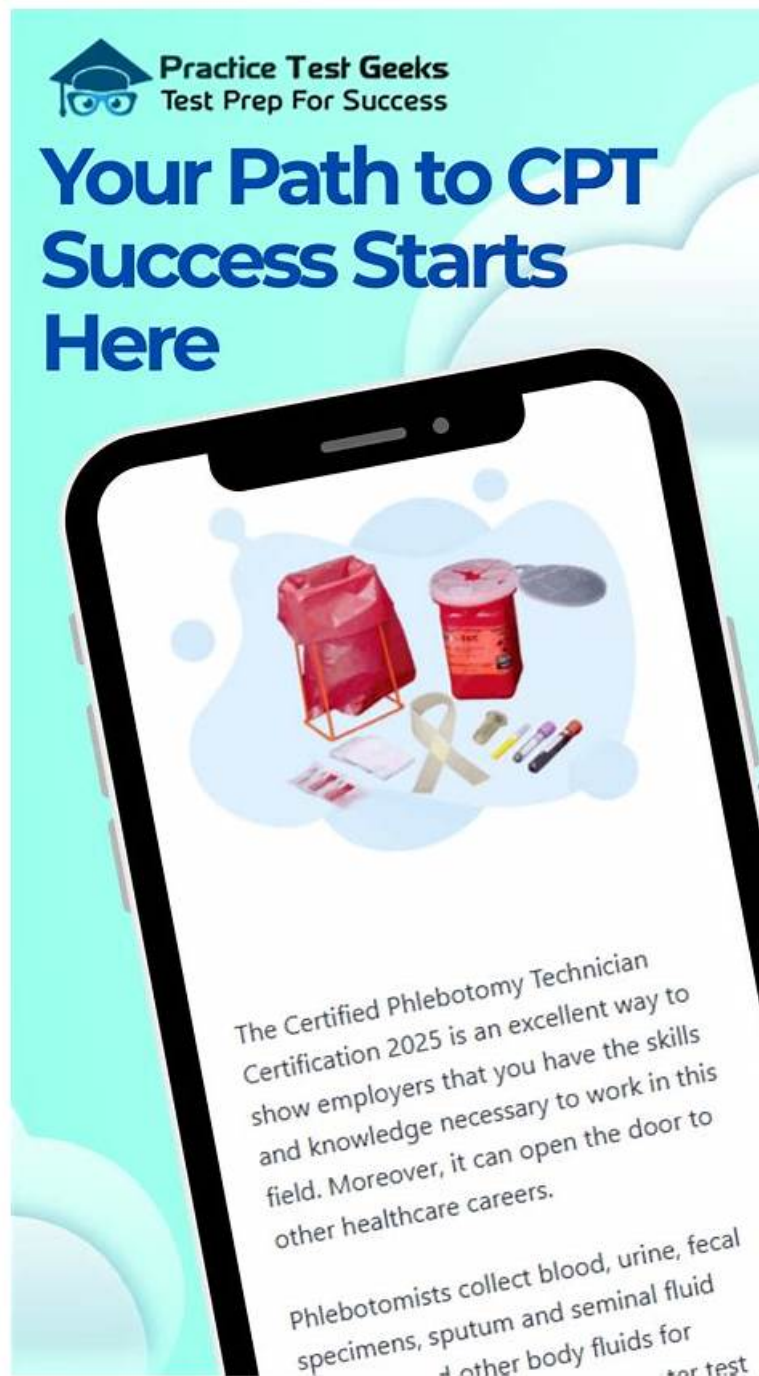


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NASM Certified Personal Trainer Exam Sample Questions (Q219-Q224):

NEW QUESTION # 219

Raising the arms out to the side away from the body describes what type of movement?

- A. Adduction
- B. Flexion
- C. Abduction
- D. Elevation

Answer: C

NEW QUESTION # 220

Which one of the following muscles is involved in core stability?

- A. Masseter
- B. Flexor digitorum longus
- C. Sternocleidomastoid
- D. Psoas

Answer: D

NEW QUESTION # 221

A trainer is working with a client who is performing the floor cobra exercise. Which of the following instructions should the trainer provide?

- A. "Relax your glutes."
- B. "Look up and lift your chest off the floor."
- C. "Retract and depress your shoulder blades."
- D. "Point your thumbs down."

Answer: C

Explanation:

The floor cobra is a corrective and postural exercise designed to strengthen the mid and lower trapezius, rhomboids, and rotator cuff muscles while promoting optimal scapular positioning. According to NASM technique cues, the client should lie prone, arms to the sides with thumbs pointing up, and focus on retracting (pulling together) and depressing (pulling downward) the shoulder blades. This encourages proper scapulothoracic motion and reduces overactivity of the upper trapezius and levator scapulae, which are common in postural distortions like upper crossed syndrome. The cue "relax your glutes" is incorrect here- glutes can remain gently active for pelvic stability. "Point your thumbs down" internally rotates the shoulders, counteracting the corrective intent. "Look up and lift your chest" risks cervical extension and lumbar strain rather than maintaining a neutral spine with scapular control.

NEW QUESTION # 222

What muscle type is striated and voluntary?

- A. Skeletal
- B. Vascular
- C. Cardiac
- D. Smooth

Answer: A

NEW QUESTION # 223

Which of the following is the contractile component of muscle tissue where actin and myosin are repaired for muscle growth?

- A. Myofibril
- B. Mitochondria
- C. Epimysium
- D. Sarcolemma

Answer: A

NEW QUESTION # 224

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