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NASM Certified Personal Trainer Exam Sample Questions (Q85-Q90):

NEW QUESTION # 85

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

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

Answer: B

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 # 86

Which of the following instructions should a personal trainer give a client during static stretching?

- A. Hold the stretch for 1 to 2 seconds and repeat for 5 to 10 repetitions.
- B. Complete one set of 10 repetitions for three or more exercises.
- C. Sustain pressure on a tender spot for a minimum of 30 seconds.
- **D. Complete one to three sets and hold each stretch for 30 seconds.**

Answer: D

Explanation:

For static stretching, NASM recommends holding each stretch for about 30 seconds to allow for relaxation of the muscle via autogenic inhibition. The guide outlines completing 1-3 sets per muscle group, particularly after workouts or as part of a corrective flexibility program. This method helps increase joint range of motion, correct muscle imbalances, and reduce tension in overactive muscles. Shorter holds (1-2 seconds) are used in dynamic warm-ups, not static stretching.

NEW QUESTION # 87

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

- A. Reduce frequency to 2 days per week.
- B. Encourage the client to clench his fists during exercise.
- **C. Adjust tempo to avoid extended isometrics.**
- D. Perform exercises in a supine or prone position.

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 # 88

Which nonperformance metric change is a good indication that a client is improving their cardiorespiratory fitness?

- A. Higher diastolic blood pressure
- B. Higher systolic blood pressure
- C. Lower lean body weight
- **D. Lower resting heart rate**

Answer: D

NEW QUESTION # 89

A client insists on taking a break from training to try an extremely low-calorie diet. The trainer should explain to the client that the majority of their weight loss will come from

- Answer: B**

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