

# Pass Guaranteed Quiz 2026 Useful NASM CPT: NASM Certified Personal Trainer Exam New Study Guide

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## NASM CPT FINAL EXAM STUDY GUIDE WITH CORRECT ANSWERS 2025/2026

Specific adaptation to imposed demands (SAID) Principle - CORRECT-ANSWER states that the body will adapt to the specific demands being placed on it

Acute Variables - CORRECT-ANSWER important components that specify how each exercise is to be performed

Training Volume - CORRECT-ANSWER AMOUNT of physical training performed in a specified period.

Training Frequency - CORRECT-ANSWER number of training sessions performed during a specific period (usually 1 week)

Training Duration - CORRECT-ANSWER timeframe from the start of the workout to the end OR length of time (weeks) spent in one phase of training

Nutrition - CORRECT-ANSWER process by which a living organism assimilates food and uses it for growth and repair of tissues

Calorie - CORRECT-ANSWER expression of energy, equal to 1,000 calories

Essential Amino Acids - CORRECT-ANSWER 1. Isoleucine

2. Leucine

3. Lysine

4. Methionine

5. Phenylalanine

6. Threonine

7. Tryptophan

8. Valine

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## NASM Certified Personal Trainer Exam Sample Questions (Q49-Q54):

### NEW QUESTION # 49

Stabilization-level reactive exercises are designed to improve which of the following?

- A. Rate of force production
- B. Prime mover strength
- C. Neuromuscular efficiency
- D. The amortization phase

**Answer: C**

Explanation:

Stabilization-level reactive (plyometric) exercises in the OPT model are designed to improve neuromuscular efficiency, which NASM defines as the ability of the nervous system to coordinate muscles to produce force, reduce force, and stabilize in all planes of motion.

These exercises (e.g., squat jump with stabilization, box jump-down with stabilization) focus on proper landing mechanics, balance, and posture, rather than maximum power output.

While rate of force production (Option C) and amortization phase improvements occur in higher training phases, Phase 1 reactive training is about enhancing control and coordination. Prime mover strength (Option A) is not the primary goal here. Therefore, the correct answer is neuromuscular efficiency.

### NEW QUESTION # 50

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

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

**Answer: C**

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 # 51

A trainer is preparing a client for a barbell back squat. Prior to initiating the exercise, which of the following should the trainer determine to ensure proper spotting technique?

- A. The number of sets
- B. The client's one-rep maximum
- C. The number of repetitions
- D. The exercise tempo

**Answer: C**

Explanation:

Before spotting a barbell back squat, NASM guidelines recommend that the trainer confirm how many repetitions the client plans to perform. This ensures the spotter is prepared for the effort duration, can assist effectively if fatigue sets in, and helps prevent injury.

While knowing sets, tempo, or 1RM may be useful for programming, for spotting technique specifically, repetition count is the key pre-lift communication point.

### NEW QUESTION # 52

Which of the following cues should a trainer give to a client who is performing a two-leg floor bridge?

- A. Avoid raising the hips too far off the floor.
- B. Position heels on the floor with the toes up.
- C. Place feet together.
- D. Relax the gluteal muscles.

**Answer: A**

Explanation:

The two-leg floor bridge is designed to activate the gluteals and hamstrings while keeping the lumbar spine neutral. The NASM CPT7 Study Guide cautions against overextending the hips, which causes excessive lumbar extension and can shift emphasis away from the glutes to the lower back.

Heels should be on the floor with feet hip-width apart, not together. Pointing toes up (Option A) is more relevant to hamstring isolation work. Relaxing the glutes (Option D) contradicts the purpose of the exercise.

Therefore, the correct cue is "Avoid raising the hips too far off the floor."

### NEW QUESTION # 53

A realistic goal for a client needing to lose 50 pounds is

- A. 1 pound per day
- B. 50 pounds in 10 weeks
- C. 2 pounds a week
- D. 20 pounds in one month

**Answer: C**

### NEW QUESTION # 54

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