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## NASM Certified Personal Trainer Exam Sample Questions (Q96-Q101):

### NEW QUESTION # 96

Which of the following is an ethical technique certified personal trainers (CPT) use to motivate clients?

- A. Reverse psychology
- B. Withhold feedback
- C. Offer bribes
- **D. Create enthusiasm**

**Answer: D**

#### **NEW QUESTION # 97**

At the point of dangerous muscle overload, contraction is shut down by the

- **A. Golgi tendon**
- B. Endomysium tissue
- C. Myosin filaments
- D. Actin filaments

**Answer: A**

#### **NEW QUESTION # 98**

When working with a client in stabilization endurance training, which of the following exercises is appropriate?

- A. Seated two-arm dumbbell biceps curls
- B. Seated dumbbell shoulder press
- C. Barbell squat
- **D. Single-leg squat to row**

**Answer: D**

Explanation:

In Phase 1: Stabilization Endurance Training, exercises should challenge balance, core stability, and muscular endurance. NASM categorizes the single-leg squat to row as an integrated stabilization exercise because it combines a balance challenge (single-leg stance) with an upper body pulling movement, requiring total-body coordination and postural control. By contrast, a seated dumbbell shoulder press or seated biceps curl eliminates stability demands by providing a fixed base, and a barbell squat is more of a strength-level movement. The stabilization phase often uses unstable environments (like balance pads, single-leg positions, or stability balls) to train the body's ability to control motion under load—exactly what the single-leg squat to row accomplishes.

#### **NEW QUESTION # 99**

The written documentation that states a client assumes the risk of an exercise program is the:

- A. Physician's release
- B. Liability insurance
- **C. Informed consent**
- D. Personal training contract

**Answer: C**

#### **NEW QUESTION # 100**

Which of the following demonstrates a level of service that helps the client adhere to the training program?

- **A. Accountability**
- B. SWOT analysis
- C. Marketing
- D. Forecasting

**Answer: A**

Explanation:

The NASM CPT7 Study Guide emphasizes accountability as a key factor in helping clients adhere to training programs.

Accountability involves tracking progress, checking in regularly, and creating a sense of responsibility for showing up and completing agreed-upon actions.

While forecasting, marketing, and SWOT analysis are useful for business operations and planning, they are not directly related to client exercise adherence. Accountability helps build consistency, reinforces commitment, and keeps the client engaged, which is essential for long-term success in fitness programs.

## NEW QUESTION # 101

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