

# New CPT Exam Pdf, Latest Real CPT Exam

---

## NCSF CPT 2024 REAL EXAM WITH ALL 150 QUESTIONS AND CORRECT ANSWERS/ NCSF CPT (CERTIFIED PERSONAL TRAINER) ACTUAL EXAM LATEST 2024- 2025 (GUARANTEED PASS)

National Council on Strength and Fitness CPT exam

What may cause inhibition to muscle cell contractility during physical activity? -  
ANSWER-Lactic acid

Suppose that after several weeks of training a client's VO<sub>2</sub>max increased from 34 ml/kg/min-1 to 38 ml/kg/min-1. What physiological adaptations played a role in the improvement? - ANSWER-An increase in O<sub>2</sub> extraction and increased cardiac output due to training

What does NOT require a medical referral for continued exercise participation? -  
ANSWER-Significant rise in systolic blood pressure during resistance training

What previously sedentary client would require medical clearance prior to engaging in a moderate intensity exercise program? - ANSWER-Female, 46 years old, controlled blood pressure with medication, RHR = 70, body fat 28%

A new client comes to you with a recent blood lipid profile from her physician. It indicates that her LDL-C is 125 mg/dl. What is the correct course of action? - ANSWER-You don't have to implement any restrictions based on her cholesterol, since the numbers indicate a healthy profile.

What's more, part of that ExamcollectionPass CPT dumps now are free: <https://drive.google.com/open?id=1bA7678XCcxKwesBiy789ygu1SPdz1GPm>

ExamcollectionPass exam dumps are written by IT elite who have more than ten years experience, through research and practice. ExamcollectionPass provides you with the latest and the most accurate questions and answers. ExamcollectionPass exists for your success. To choose ExamcollectionPass is to choose your success. If you want to pass NASM CPT Certification Exam, ExamcollectionPass is your unique choice.

Are you worried for passing your CPT Exam? You must not be confused about selecting some authentic website as we are offering an authentic ExamcollectionPass CPT exam questions in pdf and testing engine for your assistance. It is the ultimate solution for your worries. Our designed CPT Braindumps are not only authentic but approved by the expert faculty. It offers professional skills, perfection utility and efficiency for beating CPT.

>> New CPT Exam Pdf <<

## Latest Real CPT Exam & CPT Test Objectives Pdf

Our company has always been keeping pace with the times, so we are carrying out renovation about CPT training braindumps all the time to meet the different requirements of the diversified production market. For it is obvious that different people have different preferences on CPT Preparation materials, thus we have prepared three versions of our CPT practice prep: the PDF, Software and the APP online to cover all of our customers' needs.

## NASM Certified Personal Trainer Exam Sample Questions (Q80-Q85):

### NEW QUESTION # 80

If a client's lower back arches during an overhead squat test, which of the following muscles is likely underactive?

- A. Transverse abdominis
- B. Erector spinae
- C. Psoas major
- D. Latissimus dorsi

**Answer: A**

Explanation:

If a client's lower back arches during the Overhead Squat Assessment, this indicates excessive lumbar extension and an anterior pelvic tilt, often due to overactive hip flexors and erector spinae, and underactive core stabilizers—especially the transverse abdominis. NASM identifies the transverse abdominis, internal obliques, and multifidus as key local stabilization system muscles that contract isometrically to stabilize the LPHC during movement. Weakness in the transverse abdominis allows the pelvis to tilt forward and the lumbar spine to overextend, which appears as an arch in the lower back. Strengthening this deep abdominal muscle helps maintain a neutral spine under load.

### NEW QUESTION # 81

Which of the following statements best describes a characteristic of zone two of stage training?

- A. "The heart rate consists of 86 to 90 percent of the predicted maximum heart rate."
- B. "This zone is a true high-intensity workout and cannot be sustained for long periods of time."
- C. "This zone requires individuals to train near their anaerobic threshold."
- D. "This zone is a recovery zone."

**Answer: C**

### NEW QUESTION # 82

A trainer is coordinating with a network of professionals for education and referrals. Which of the following resources would be most beneficial?

- A. Dentist
- B. Health insurance provider
- C. School gym teacher
- D. Massage therapist

**Answer: D**

Explanation:

For professional collaboration and client referrals, NASM recommends building a network that supports holistic health, performance, and recovery. A massage therapist can assist with muscular recovery, flexibility, and injury prevention, complementing a CPT's program design.

Dentists and health insurance providers are outside the scope of fitness program collaboration. A school gym teacher could be helpful in a youth setting but is not as directly aligned with adult personal training needs.

Therefore, a massage therapist is the most beneficial referral partner in this scenario.

### NEW QUESTION # 83

Exercises which create sport-specific skill adaptations need to

- A. be low intensity
- B. incorporate isometric contractions
- C. be performed on the weight machines
- D. duplicate the desired movement

**Answer: D**

### NEW QUESTION # 84

A trainer agrees to develop a meal plan for a client who is obese. Which of the following is the result of the trainer's actions?

- A. Adherence to the OPT model
- **B. Violation of the NASM code of professional conduct**
- C. Violation of HIPAA laws
- D. Fulfillment of a trainer's duty to the client to assist in weight management

**Answer: B**

Explanation:

NASM's scope of practice clearly states that Certified Personal Trainers are not qualified to prescribe specific meal plans unless they hold an additional, recognized nutrition credential and are legally permitted in their jurisdiction.

While CPTs can provide general nutrition guidelines based on public resources (e.g., USDA MyPlate), creating individualized meal plans is outside their professional scope and constitutes a violation of the NASM code of professional conduct.

This is not a HIPAA violation (Option C), as HIPAA relates to handling of private medical data. It is also not fulfilling a duty within the OPT model (Option D) because nutrition planning is not part of OPT without proper credentialing. Therefore, developing a meal plan for a client as a CPT without proper credentials is a code of conduct violation.

### NEW QUESTION # 85

.....

As you know, we are now facing very great competitive pressure. We need to have more strength to get what we want, and CPT exam dumps may give you these things. After you use our study materials, you can get CPT certification, which will better show your ability, among many competitors, you will be very prominent. Using CPT Exam Prep is an important step for you to improve your soft power. I hope that you can spend a little time understanding what our study materials have to attract customers compared to other products in the industry.

**Latest Real CPT Exam:** <https://www.examcollectionpass.com/NASM/CPT-practice-exam-dumps.html>

The 99% pass rate of CPT training vce will ensure you 100% pass, NASM New CPT Exam Pdf Yes, your interest of study will rise up definitely, You can see the quality of the CPT exam dumps by downloading the free demo of our CPT practice exam, NASM New CPT Exam Pdf Q: Can I see any sample downloads before I buy the lifetime access package, So our CPT practice materials are perfect paragon in this industry full of elucidating content for exam candidates of various degrees to use for reference.

However, even a compact laptop can get heavy when you've been carrying it CPT all day at a trade show, We found that joining a coworking facility increased the number of weak ties and makes it easier to tap weak tie networks.

## New CPT Exam Pdf - 100% Professional Questions Pool

The 99% pass rate of CPT training vce will ensure you 100% pass, Yes, your interest of study will rise up definitely, You can see the quality of the CPT exam dumps by downloading the free demo of our CPT practice exam.

Q: Can I see any sample downloads before I buy the lifetime access package, So our CPT practice materials are perfect paragon in this industry full of elucidating content for exam candidates of various degrees to use for reference.

- Reliable CPT Exam Pattern  Certification CPT Test Answers  CPT Practice Engine  Easily obtain free download of ☀ CPT  ☀  by searching on ▶ [www.vceengine.com](http://www.vceengine.com) ◀  CPT Latest Test Prep
- Free PDF CPT - NASM Certified Personal Trainer Exam—Reliable New Exam Pdf  Search for  CPT  and obtain a free download on 《 [www.pdfvce.com](http://www.pdfvce.com) 》 ⊕ CPT Study Reference
- CPT Guide Torrent - CPT Study tool -amp; CPT Exam Torrent  Search for 《 CPT 》 on ➡ [www.vce4dumps.com](http://www.vce4dumps.com)   immediately to obtain a free download  Valid CPT Exam Testking
- NASM CPT Dumps Material Formats  Easily obtain 《 CPT 》 for free download through ▶ [www.pdfvce.com](http://www.pdfvce.com) ◀  CPT Study Material
- CPT Exam Certification (M) Valid CPT Exam Format  CPT Study Reference  Download ▶ CPT  for free by simply entering  [www.exam4labs.com](http://www.exam4labs.com)  website  CPT Latest Exam Registration
- Reliable CPT Exam Pattern  Valid CPT Exam Testking  Reliable CPT Exam Pattern  Simply search for ➡ CPT  for free download on 【 [www.pdfvce.com](http://www.pdfvce.com) 】  Reliable CPT Exam Cost
- CPT Reliable Exam Voucher  CPT Exam Registration  CPT Exam Pass4sure   [www.practicevce.com](http://www.practicevce.com)  is best

website to obtain ( CPT ) for free download □ CPT Exam Registration

- Latest CPT Exam Cost □ CPT Study Reference ⊕ Latest CPT Test Guide ↗ Search for ► CPT □ and obtain a free download on ☀ www.pdfvce.com □☀□ □ CPT Exam Registration
- Latest CPT Test Guide □ Latest CPT Test Guide □ Reliable CPT Exam Cost ✓ Search for ☀ CPT □☀□ and easily obtain a free download on ► www.prepawaypdf.com ◀ □ Free Sample CPT Questions
- New CPT Exam Pdf - 2026 First-grade NASM Latest Real CPT Exam 100% Pass □ Download ► CPT ◀ for free by simply searching on ✓ www.pdfvce.com □✓□ □ Certification CPT Test Answers
- CPT Exam Certification □ CPT Latest Test Prep ↘ CPT Exam Registration □ Download □ CPT □ for free by simply entering { www.exam4labs.com } website □ CPT Latest Training
- caoinhekurj528591.blogginaway.com, andrewopjh441529.blogdanica.com, free-bookmarking.com, nicolasavze018626.wiki-jp.com, iodirectory.com, bookmarkingdelta.com, minibookmarking.com, www.stes.tyc.edu.tw, amieqhl340315.webbuzzfeed.com, bookmarkcitizen.com, Disposable vapes

P.S. Free & New CPT dumps are available on Google Drive shared by ExamcollectionPass: <https://drive.google.com/open?id=1bA7678XCcxKwesBiy789yguISPdz1GPM>