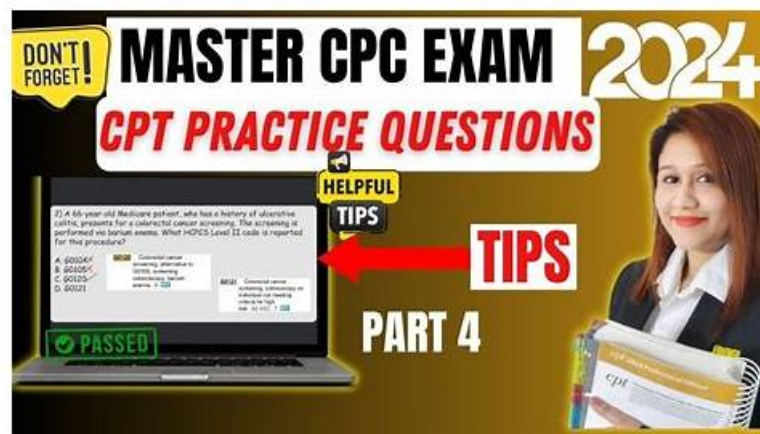


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Quiz 2026 NASM Valid CPT Latest Test Experience

The NASM sector is an ever-evolving and rapidly growing industry that is crucial in shaping our lives today. With the growing demand for skilled NASM professionals, obtaining NASM Certified Personal Trainer Exam (CPT) certification exam has become increasingly important for those who are looking to advance their careers and stay competitive in the job market.

NASM Certified Personal Trainer Exam Sample Questions (Q94-Q99):

NEW QUESTION # 94

A trainer is instructing a client about performing an OHSA. Which of the following should the trainer include?

- A. "Start by extending your arms forward and parallel with the floor."
- B. "Start by crossing your arms over your chest."
- C. "Start by raising your arms over your head with your elbows fully extended."
- D. "Start by placing your hands on your hips with your elbows bent."

Answer: C

Explanation:

The Overhead Squat Assessment (OHSA) is a key movement screening tool in NASM's assessment protocol.

The proper starting position requires the client to stand with feet shoulder-width apart, pointing straight ahead, and arms raised directly overhead with elbows fully extended. This position places the shoulders in full flexion and challenges the client's ability to maintain posture through the kinetic chain during the squat. The Study Guide specifies that this alignment allows observation of compensations in the ankles, knees, hips, LPHC, and shoulders. Starting with arms forward, crossed, or on the hips would not adequately test upper extremity and spinal stability in relation to lower-body mechanics, and would reduce the assessment's diagnostic value.

NEW QUESTION # 95

Which of the following medications is prescribed for arrhythmias?

- A. Beta-blockers
- B. Diuretics
- C. Nitrates
- D. Bronchodilators

Answer: A

Explanation:

Beta-blockers are commonly prescribed medications for arrhythmias (abnormal heart rhythms), as well as for conditions like hypertension and certain forms of heart failure. The NASM CPT7 Study Guide explains that cardiovascular disease includes "heart rate problems, and arrhythmias", and medications such as beta-blockers help regulate heart rhythm by blocking the effects of adrenaline on the heart's beta receptors. This results in a slower, more controlled heart rate and reduced workload on the heart. In exercise settings, CPTs must be aware that beta-blockers lower both resting and exercise heart rates, which makes heart rate-based training zones less reliable; perceived exertion (RPE) or talk tests are recommended instead for intensity monitoring. Other listed options-nitrates (for angina), diuretics (for fluid retention in hypertension/heart failure), and bronchodilators (for respiratory conditions)-do not serve as primary rhythm-control agents for arrhythmias. Thus, beta-blockers are the most accurate answer for this question.

NEW QUESTION # 96

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

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

Answer: C

NEW QUESTION # 97

The S.A.I.D. principle applies primarily to

- A. The training effect that is specific to the activity being performed
- B. Deficiencies in the body's ability to adapt to athletic training modalities
- C. The adaptations for flexibility resulting from dynamic stretching prior to the activity
- D. Assessment measures for 1RM and VO₂ Max for the respective sport

Answer: A

NEW QUESTION # 98

How do poor sleeping habits reduce exercise recovery effectiveness?

- A. Toxic protein build-up in cerebrospinal fluid can't be broken down
- B. Cortisol cannot be produced during waking hours
- C. Production of insulin is increased
- D. Growth hormone release is increased

Answer: A

NEW QUESTION # 99

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