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NASM Certified Personal Trainer Exam Sample Questions (Q207-Q212):

NEW QUESTION # 207

When a person holds a plank position without any mechanical movement, what type of muscle contraction is occurring?

- A. Eccentric
- B. Isokinetic
- C. Concentric
- **D. Isometric**

Answer: D

NEW QUESTION # 208

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

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

Answer: D

NEW QUESTION # 209

While coaching a client through a basic squat set, the trainer notices that the client's knees cave inward. What could this observation imply?

- A. The client has poor hip mobility
- B. The client has a damaged ACL
- **C. The client has tight adductors**
- D. The client has weak hip flexors

Answer: C

NEW QUESTION # 210

Which of the following exercises is a regression in intensity from a box jump-up with stabilization?

- A. Horizontal jump with stabilization
- **B. Box jump-down with stabilization**
- C. Squat jump with stabilization
- D. Transverse jump with stabilization

Answer: B

Explanation:

NASM's plyometric training progressions and regressions are based on the force and stability demands of an exercise. A box jump-up with stabilization requires explosive concentric force to jump vertically onto a platform, followed by an isometric hold. A box jump-down with stabilization removes the explosive vertical propulsion requirement and instead focuses on eccentric force absorption and landing mechanics, which generally reduces intensity.

Horizontal jumps, squat jumps, and transverse jumps with stabilization typically demand more power output or multi-planar coordination than a controlled step/landing from a box. Thus, among the listed choices, the box jump-down with stabilization is the regression because it lowers concentric demand while still training landing control and joint stabilization-making it safer for clients not yet ready for the more intense jump-up variations.

NEW QUESTION # 211

The Karvonen formula is the recommended method for calculating

- A. Percent body fat
- B. Resting heart rate
- C. VO2 max
- **D. Exercise heart rate**

Answer: D

NEW QUESTION # 212

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