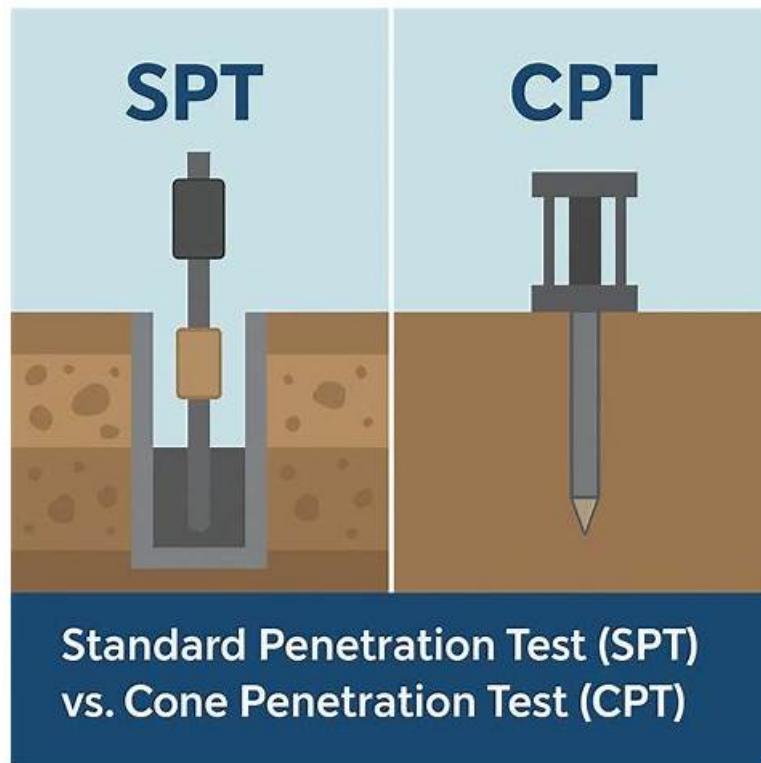


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## NASM Certified Personal Trainer Exam Sample Questions (Q30-Q35):

### NEW QUESTION # 30

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

- A. Barbell squat
- B. Single-leg squat to row

- C. Seated two-arm dumbbell biceps curls
- D. Seated dumbbell shoulder press

**Answer: B**

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 # 31**

A trainer is designing an exercise program for a client who has hypertension. Which of the following core- stabilization exercises should the trainer include?

- A. Standing cobra
- B. **Prone isometric abdominals**
- C. Two-leg floor bridge
- D. Marching

**Answer: B**

Explanation:

For clients with hypertension, NASM recommends low-intensity core stabilization exercises that avoid excessive isometric contractions of large muscle groups, avoid heavy loading, and maintain controlled breathing to prevent excessive blood pressure spikes. The prone isometric abdominal exercise (commonly known as a forearm plank) activates deep core stabilizers, such as the transversus abdominis and multifidus, without requiring high spinal loads or large dynamic movements. The Study Guide emphasizes that

"stabilizers... contract isometrically to stabilize the trunk and joints as the body moves" and that core stabilization should be prioritized before progressing to more dynamic exercises. The other options, like two- leg floor bridge or marching, can be useful for core activation but may involve more hip movement and higher intra-abdominal pressure. Standing cobra is a postural endurance exercise for the upper back and shoulders, not specifically a primary core stabilization drill. The prone isometric abdominal exercise thus fits both the physiological safety needs for hypertension and NASM's progression model.

#### **NEW QUESTION # 32**

The NFPT-recommended recovery heart rate for a client with a size/strength goal is

- A. 100 beats per minute (BPM)
- B. 140 BPM
- C. **125 BPM**
- D. 115 BPM

**Answer: C**

#### **NEW QUESTION # 33**

A trainer is developing an exercise program for a new client who states that she has had trouble sticking to a workout routine in the past. Which of the following actions should the trainer take to promote adherence?

- A. Ask the client closed-ended questions.
- B. Educate the client about time management.
- C. Educate the client about the OPT model.
- D. **Ask the client open-ended questions.**

**Answer: D**

Explanation:

NASM's behavioral coaching guidelines emphasize using open-ended questions to build rapport, gather detailed client information, and promote self-reflection—especially for clients with a history of inconsistent exercise adherence. Open-ended questions cannot be answered with a simple "yes" or "no"; instead, they invite the client to elaborate on challenges, preferences, motivations, and barriers. Examples include: "What challenges have you faced in maintaining a workout routine?" or "How might you fit exercise into your current schedule?" This approach supports motivational interviewing, a coaching style NASM endorses for improving intrinsic motivation and self-efficacy. Closed-ended questions limit dialogue, and while educating about time management or the OPT model is valuable, it doesn't first address the psychological and behavioral aspects that influence adherence. By starting with open-ended questions, the trainer can tailor solutions that resonate with the client's personal circumstances and goals.

#### **NEW QUESTION # 34**

A trainer is holding a consultation with a new client who is in the preparation stage of change. Which of the following actions should the trainer take first?

- A. Discuss realistic expectations with her.
- B. Perform the shark skill test.
- C. Lead her through a challenging workout.
- D. Design a new workout program using the OPT model.

**Answer: A**

Explanation:

In the preparation stage of the Transtheoretical Model, the client is getting ready to start regular activity but has not yet established a consistent routine. The NASM CPT7 Study Guide emphasizes that the trainer's initial focus should be on building rapport, setting realistic expectations, and helping the client develop a clear plan rather than jumping into testing or advanced program design. This discussion fosters motivation, commitment, and clarity, ensuring the client transitions smoothly into regular training with sustainable habits.

#### **NEW QUESTION # 35**

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