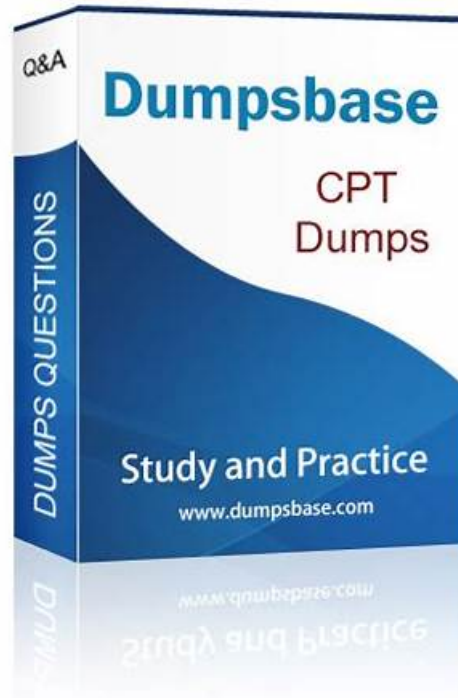


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## NASM Certified Personal Trainer Exam Sample Questions (Q164-Q169):

### NEW QUESTION # 164

During the lunge assessment, the trainer notices that the client has a tendency to lean forward. What does this MOST likely indicate?

- A. Poor hip stability and mobility
- **B. Weak core and/or gluteus maximus**
- C. Tight adductors and/or abductors
- D. Imbalanced foot and/or ankle muscles

**Answer: B**

#### **NEW QUESTION # 165**

Which of the following is the recommended rest interval when performing a circuit for phase five resistance training?

- A. 1 to 2 min
- B. 31 to 59 seconds
- **C. 0 to 30 seconds**
- D. 3 to 5 min

**Answer: C**

Explanation:

In Phase 5: Power Training of the OPT model, the recommended rest intervals during circuit-style resistance training are typically 0 to 30 seconds between exercises to maintain high intensity while challenging the neuromuscular system. NASM specifies that short rest intervals in circuit formats improve both muscular endurance and caloric expenditure, especially when alternating between strength and power moves. Although maximal power efforts sometimes require longer rest (1-5 min) for full recovery, in a circuit for Phase 5, the goal is to keep the heart rate elevated and transition quickly between paired strength and power exercises.

#### **NEW QUESTION # 166**

Which proprioceptor, located within a muscle, functions to reduce the risk of injury to the muscle?

- A. Stretch receptor
- **B. Golgi tendon organ**
- C. Semicircular canal
- D. Nociceptor

**Answer: B**

#### **NEW QUESTION # 167**

Which of the following is included in lipids?

- A. Polysaccharides
- B. Amino acids
- **C. Triglycerides**
- D. Glycine

**Answer: C**

Explanation:

Lipids—commonly referred to as fats—include triglycerides, phospholipids, and sterols. The NASM Study Guide specifies: "Lipids are commonly referred to as fats and include triglycerides, phospholipids, and sterols." Triglycerides are the primary form of fat stored in the body and a major energy reserve, especially for prolonged, lower-intensity activity. Each triglyceride molecule consists of glycerol bound to three fatty acids. In contrast, glycine and amino acids are protein components, and polysaccharides are complex carbohydrates (e.g., starches). Lipids are energy dense (9 kcal/gram) and serve not only as a long-term energy source but also play roles in cell membrane integrity, hormone production, and nutrient absorption. Including triglycerides in the definition of lipids aligns directly with NASM's nutritional science section.

#### **NEW QUESTION # 168**

Which of the following cues should a trainer give to a client who is performing a two-leg floor bridge?

- A. Position heels on the floor with the toes up.
- B. Relax the gluteal muscles.
- **C. Avoid raising the hips too far off the floor.**
- D. Place feet together.

**Answer: C**

Explanation:

The two-leg floor bridge is designed to activate the gluteals and hamstrings while keeping the lumbar spine neutral. The NASM CPT7 Study Guide cautions against overextending the hips, which causes excessive lumbar extension and can shift emphasis away from the glutes to the lower back.

Heels should be on the floor with feet hip-width apart, not together. Pointing toes up (Option A) is more relevant to hamstring isolation work. Relaxing the glutes (Option D) contradicts the purpose of the exercise.

Therefore, the correct cue is "Avoid raising the hips too far off the floor."

## NEW QUESTION # 169

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