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## NASM Certified Personal Trainer Exam Sample Questions (Q130-Q135):

### NEW QUESTION # 130

To avoid muscle strains, joint pain, and emotional fatigue, which of the following concepts should be implemented?

- A. Vertical loading
- B. Neuromuscular specificity
- C. Periodization
- D. Mechanical specificity

**Answer: C**

Explanation:

Periodization is the systematic planning of training to prevent overtraining, reduce the risk of injury, and promote continual progress. NASM emphasizes that by cycling through phases of varying intensity, volume, and rest, trainers can avoid muscle strains, joint pain, and emotional fatigue. The OPT model itself is a form of periodization, ensuring clients have structured progression from stabilization to power while incorporating recovery periods.

#### NEW QUESTION # 131

The MOST valuable evaluation tool to a personal trainer for a weight loss client is

- A. Strength test
- B. Cardiovascular test
- C. Muscular test
- D. Body composition test

**Answer: D**

#### NEW QUESTION # 132

A client has mastered the single-leg squat on the floor. Which of the following is a proprioceptive and challenging progression?

- A. Two-leg squat on Dyna disc
- B. Single-leg squat on an Airex pad
- C. Two-leg squat on floor
- D. Single-leg squat on a Dyna disc

**Answer: D**

Explanation:

NASM's balance progression principles move from stable # less stable # unstable surfaces, while keeping proper form. A single-leg squat on a Dyna disc is more proprioceptively challenging than doing it on the floor or even on an Airex pad because the Dyna disc creates multidirectional instability.

Two-leg squats, even on unstable surfaces, are less challenging for balance than single-leg squats. Therefore, progressing from single-leg squat on the floor to single-leg squat on a Dyna disc follows the recommended instability progression.

#### NEW QUESTION # 133

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

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

**Answer: D**

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 # 134

A trainer is designing an exercise program for a client whose main goal is weight loss. Which of the following resistance training systems is most appropriate for this client?

- A. Drop-sets
- B. Pyramid
- C. Vertical loading

- D. Horizontal loading

**Answer: C**

Explanation:

For clients focused on weight loss, NASM emphasizes maximizing caloric expenditure within each session.

The vertical loading resistance training system organizes exercises by alternating between different body parts in succession (e.g., upper body push, lower body pull, core, etc.), cycling through them before repeating. This minimizes rest periods for any one muscle group while maintaining continuous movement, which elevates heart rate and increases total session energy expenditure. The CPT7 guide contrasts this with horizontal loading, where one exercise is completed for all sets before moving to the next, which generally involves longer rest and lower overall caloric burn.

## NEW QUESTION # 135

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