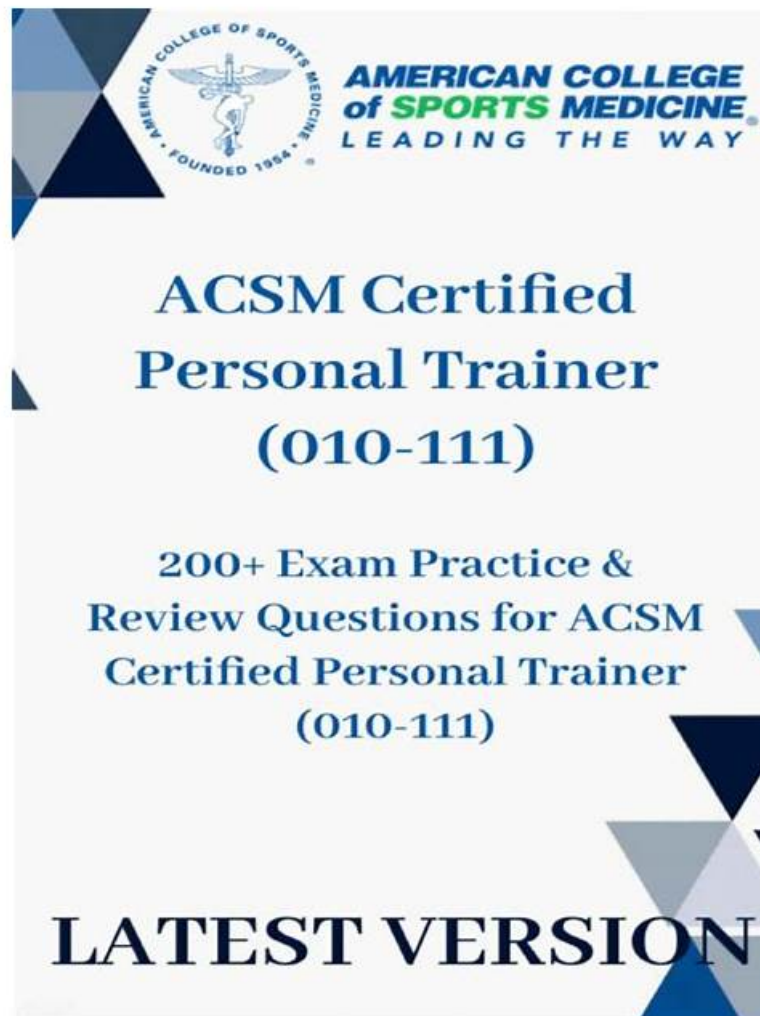


# ACSM 010-111 Questions - To Pass Exam Easily [2026]



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ACSM 010-111 Exam consists of 125 multiple-choice questions that must be completed within three hours. The questions cover a broad range of topics related to personal training, including exercise physiology, biomechanics, nutrition, exercise programming, and client interaction. 010-111 exam is computer-based and can be taken at a testing center or online. Candidates must achieve a passing score of 550 or higher to earn certification.

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## ACSM Certified Personal Trainer Sample Questions (Q25-Q30):

### NEW QUESTION # 25

Which of the following statements is correct regarding the warm-up and cool-down components of the exercise training session?

- A. Warm-up need not involve cardiorespiratory activity if the conditioning phase of the exercise session involves resistance training.
- B. Warm-up should last twice as long as cool-down.
- C. Cool-down during the exercise session can be eliminated if at least 10 minutes of stretching is performed instead.
- D. Cool-down should approximate an intensity that is between 40 and 60% of VO<sub>2</sub>R

**Answer: D**

### NEW QUESTION # 26

According to ACSM guidelines, a \_\_\_\_\_ client who is beginning a/n \_\_\_\_\_ is recommended to obtain a medical examination and graded exercise test.

- A. 46 year old female, newly diagnosed with type 2 diabetes; cycling class
- B. 24 year old, sedentary male; moderate-intensity walking program
- C. 20 year old female who smokes one pack of cigarettes per day; eight week resistance training class
- D. 62 year old, sedentary and overweight male; moderate-intensity biking program

**Answer: A**

### NEW QUESTION # 27

Which of the following is a limiting factor when using the body mass index (BMI) to determine obesity and disease risk?

- A. Body density must be computed or estimated first.
- B. Underestimates individuals with above average muscle mass.
- C. Skinfold thicknesses must be measured first.
- D. Fat and lean tissue weights are not differentiated.

**Answer: D**

Explanation:

Section: Volume B

### NEW QUESTION # 28

Older adults may have difficulty performing activities of daily living due to \_\_\_\_\_.

- A. increased muscle elasticity
- B. increased percent of type I muscle fibers
- C. decreased maximal heart rate
- D. decreased joint mobility

**Answer: D**

Explanation:

Section: Volume C

### NEW QUESTION # 29

What is the correct hand placement when spotting the supine dumbbell fly?

- A. Maintaining contact behind your client's elbows on the descent of the dumbbells.
- B. Hands held at your sides with your elbows flexed at a 45-degree angle.
- C. Close to your client's biceps without touching them.
- D. Close to the dumbbells or wrists of your client without touching them.

**Answer: D**

### NEW QUESTION # 30

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