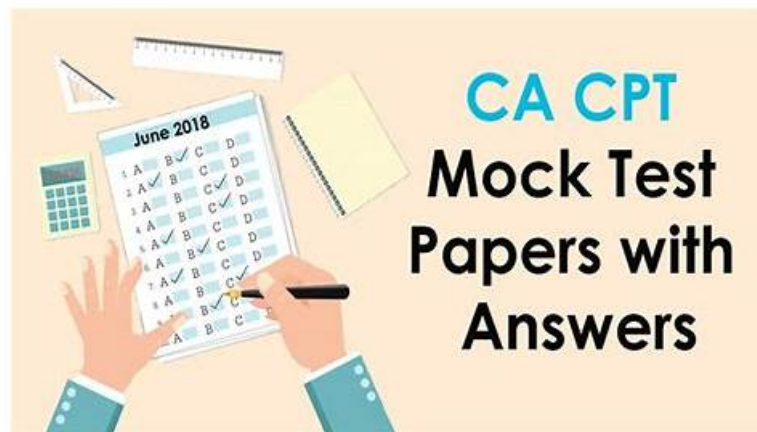


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## Enhance Your Success Rate with Actual4Labs's NASM CPT Practice Test

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### NASM Certified Personal Trainer Exam Sample Questions (Q139-Q144):

#### NEW QUESTION # 139

Reducing the intake of saturated fat will

- A. Lower HDL cholesterol levels in the blood
- B. Raise LDL cholesterol levels in the blood
- C. Raise HDL cholesterol levels in the blood
- **D. Lower LDL cholesterol levels in the blood**

**Answer: D**

#### NEW QUESTION # 140

There are how many types of muscle tissue?

- **A. Three**
- B. Two
- C. One
- D. Four

**Answer: A**

**NEW QUESTION # 141**

A trainer is instructing a client about performing an OHSA. Which of the following should the trainer include?

- A. "Start by raising your arms over your head with your elbows fully extended."
- B. "Start by placing your hands on your hips with your elbows bent."
- C. "Start by extending your arms forward and parallel with the floor."
- D. "Start by crossing your arms over your chest."

**Answer: A**

Explanation:

The Overhead Squat Assessment (OHSA) is a key movement screening tool in NASM's assessment protocol.

The proper starting position requires the client to stand with feet shoulder-width apart, pointing straight ahead, and arms raised directly overhead with elbows fully extended. This position places the shoulders in full flexion and challenges the client's ability to maintain posture through the kinetic chain during the squat. The Study Guide specifies that this alignment allows observation of compensations in the ankles, knees, hips, LPHC, and shoulders. Starting with arms forward, crossed, or on the hips would not adequately test upper extremity and spinal stability in relation to lower-body mechanics, and would reduce the assessment's diagnostic value.

**NEW QUESTION # 142**

A client has been engaged in a comprehensive aerobic training program for six months and has improved their cardiorespiratory fitness. Over this period, which of the following variables is LEAST likely to have changed as a direct result of the client's aerobic training?

- A. Maximal heart rate
- B. VO2 Max
- C. Resting heart rate
- D. Systolic blood pressure

**Answer: A**

**NEW QUESTION # 143**

The upright row should always be performed with caution and less intensity because

- A. Simultaneous internal rotation and abduction of the shoulder can lead to impingement and tendon injury
- B. It is an advanced movement, and can lead to an over-development of the pectoralis major and minor
- C. It has been known to cause tears in the hamstrings and gastrocnemius
- D. It can cause a muscle imbalance between the biceps and the triceps

**Answer: A**

**NEW QUESTION # 144**

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