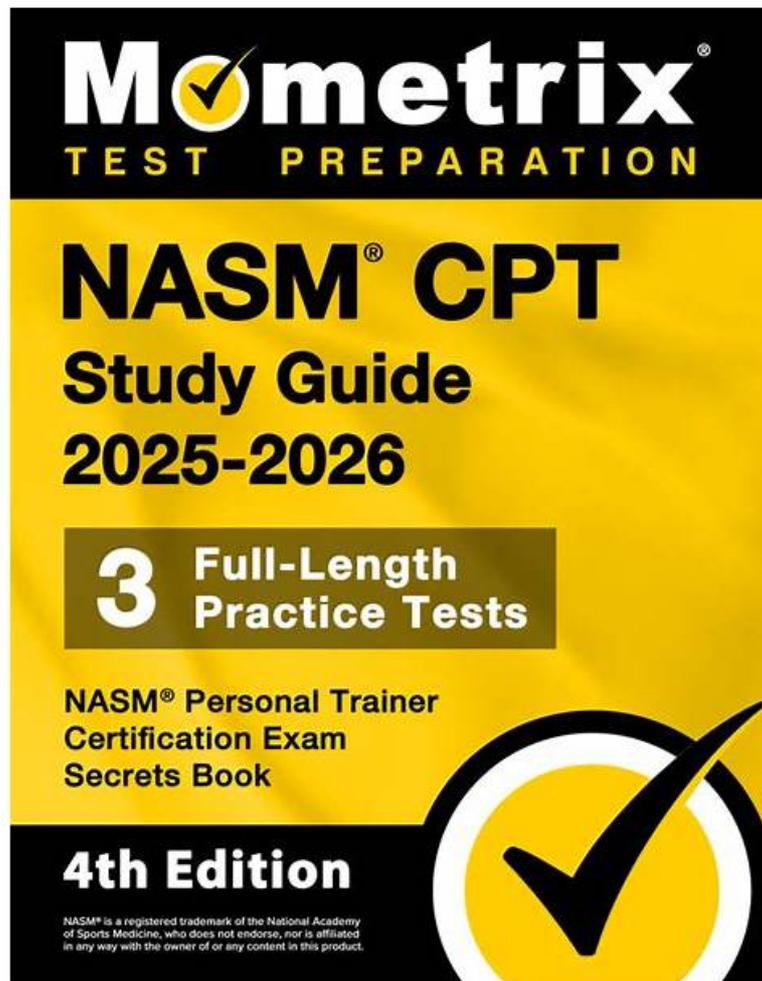


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NASM Certified Personal Trainer Exam Sample Questions (Q223-Q228):

NEW QUESTION # 223

What is the first type of endurance a general fitness client must develop to be physically fit?

- A. **Cardiorespiratory Conditioning**
- B. Muscular Endurance
- C. Muscular Strength
- D. Flexibility

Answer: A

NEW QUESTION # 224

A trainer is working with a client who has upper crossed syndrome. Which of the following muscles should the trainer recommend that the client stretch?

- A. **Levator scapulae**
- B. Serratus anterior
- C. Teres minor
- D. Lower trapezius

Answer: A

Explanation:

Upper crossed syndrome is a common postural distortion pattern characterized by forward head posture, rounded shoulders, and thoracic kyphosis. NASM identifies overactive muscles in this condition as the upper trapezius, levator scapulae, sternocleidomastoid, pectoralis major/minor, and suboccipitals. Underactive muscles include the deep cervical flexors, serratus anterior, lower trapezius, and rhomboids. Corrective exercise strategies involve inhibiting (SMR) and lengthening the overactive muscles—thus the levator scapulae is a primary stretch target. Stretching it helps restore cervical and scapular alignment, improve movement mechanics, and reduce compensations. The other listed muscles—serratus anterior, lower trapezius, and teres minor—are underactive and require strengthening, not stretching.

NEW QUESTION # 225

A client's head protrudes forward during a pulling assessment. Which of the following muscles may be underactive?

- A. Levator scapulae
- B. **Deep cervical flexors**
- C. Upper trapezius
- D. Sternocleidomastoid

Answer: B

Explanation:

In a pulling assessment, if a client's head protrudes forward, NASM identifies the deep cervical flexors as commonly underactive. This forward head posture often results from overactivity in muscles such as the upper trapezius, sternocleidomastoid, and levator scapulae, combined with underactivity in stabilizing muscles like the deep cervical flexors. Corrective strategies include activation exercises for the deep cervical flexors and stretching/inhibiting the overactive neck and shoulder muscles.

NEW QUESTION # 226

Performing pushing, pulling, and squatting exercises in the 20-25 rep range are suggested for

- A. Increasing flexibility
- B. **Muscular endurance**
- C. Speed training
- D. Aerobic conditioning

Answer: B

NEW QUESTION # 227

Performing a series of resistance training exercises one after another with short rests in between exercises is

- A. super setting
- B. rest-pause
- C. circuit training
- D. interval training

Answer: C

NEW QUESTION # 228

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