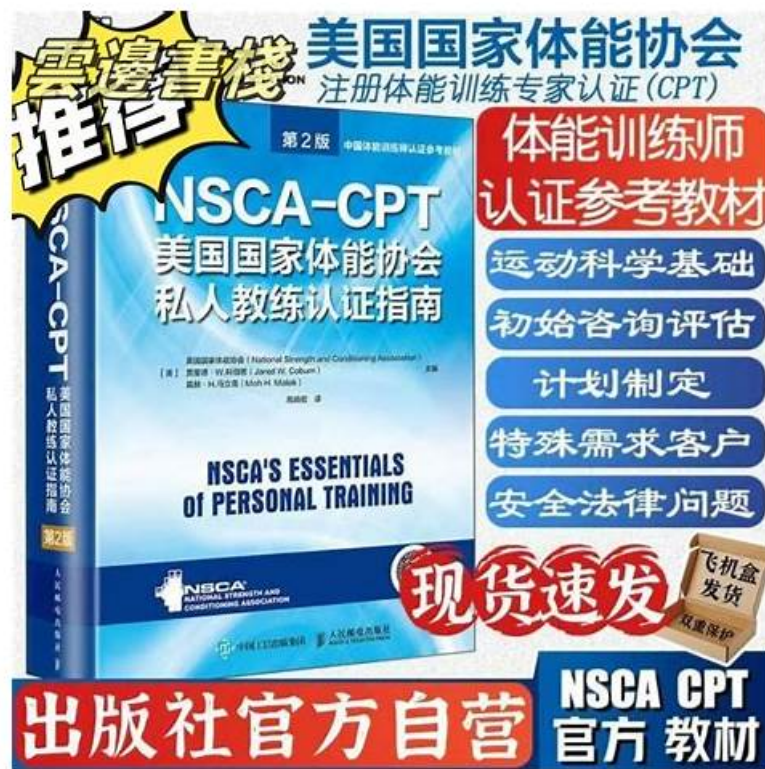


CPT考古題推薦 - CPT認證指南



BONUS!!! 免費下載Fast2test CPT考試題庫的完整版: https://drive.google.com/open?id=1Bc1KuAGPfYcmFY1H0vx7s4_DqaBXzqdl

在這個競爭激烈的IT行業中，擁有一些認證證書是可以幫助你步步高升的。很多公司升職加薪的依據就是你擁有的認證證書的含金量。NASM CPT認證考試就是個含金量很高的考試。NASM CPT 認證證書能滿足很多正在IT行業拼搏的人的需求。Fast2test可以為你提供NASM CPT認證考試的針對性訓練。你可以先在網上免費下載Fast2test為你提供的關於NASM CPT 認證考試的培訓工具的試用版和部分練習題及答案作為嘗試。

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>> CPT考古題推薦 <<

熱門的CPT考古題推薦和有效的NASM認證培訓 - 100%合格率NASM NASM Certified Personal Trainer Exam

還在為怎樣才能順利通過NASM CPT 認證考試而苦惱嗎？還在苦苦等待NASM CPT 認證考試的最新資料嗎？Fast2test研究出了最新的NASM CPT 認證考試相關資料。想通過NASM CPT 認證考試考試嗎？快將Fast2test的NASM CPT認證考試的最新練習題及答案加入你的購物車吧！Fast2test已經在網站上為你免費提供部分NASM CPT 認證考試的練習題和答案，你可以免費下載作為嘗試。相信你對我們的產品會很滿意的。利用它你可以很輕鬆地通過考試。我們承諾，如果你使用了Fast2test的最新的NASM CPT 認證考試練習題和答案卻考試失敗，Fast2test將會全額退款給你。

最新的 Personal Trainer CPT 免費考試真題 (Q134-Q139):

問題 #134

The trainer becomes aware that the client is smoking heavily, which is contributing to a reduction in results. What is the BEST way for the trainer to address the issue?

- A. Make the client perform more cardio training
- B. Discontinue training the client after 1 more session
- C. Demand the client cease smoking immediately
- D. Re-educate client on smoking risk factors

答案： D

問題 #135

One purpose of high-repetition range (20-25) training during a continuous tension set is the rapid depletion of which of the following?

- A. Amino acids
- B. Muscle glycogen
- C. Fatty acids
- D. Chylomicrons

答案： B

問題 #136

A trainer notices a client shrug their shoulders during a cable press. Which of the following stretches should the trainer recommend to help the client lengthen the overactive muscles?

- A. Static upper trapezius/scalene stretch
- B. Static soleus stretch
- C. Static ball latissimus dorsi stretch
- D. Static erector spinae stretch

答案： A

解題說明：

When a client shrugs their shoulders during a cable press, NASM's movement assessment principles indicate overactivity of the upper trapezius and scalenes-secondary muscles of respiration and neck movement. The guide points out in the respiratory system section that "abnormal breathing patterns... are associated with the use of secondary respiratory muscles (sternocleidomastoid, upper trapezius, or scalenes)." Overactivity in these muscles during upper body pushing movements reflects compensations, often due to weakness or under-recruitment of the prime movers (pectorals, deltoids, triceps) or stabilizers. Static stretching is recommended for overactive muscles to restore normal length-tension relationships. The "static upper trapezius/scalene stretch" directly addresses the tightness and helps improve overhead or forward pressing mechanics by reducing unwanted scapular elevation. Other stretches listed in the options (soleus, erector spinae, latissimus dorsi) target entirely different regions-lower leg, lower back, or lateral back muscles-and would not address the observed compensation. This correction aligns with NASM's flexibility continuum: inhibit (SMR) # lengthen (static stretch) # activate (strengthen underactive muscles) # integrate (dynamic movements), restoring balanced shoulder mechanics.

問題 #137

Which of the following is the greatest contributor to an increased cardiovascular risk profile?

- A. High caffeine intake
- B. Being underweight
- C. Being sedentary
- D. Skipping meals

答案： C

問題 #138

Body weight alone does not distinguish between which of the following body composition factors?

- A. Fat mass and water mass
- B. Lean mass and water mass

