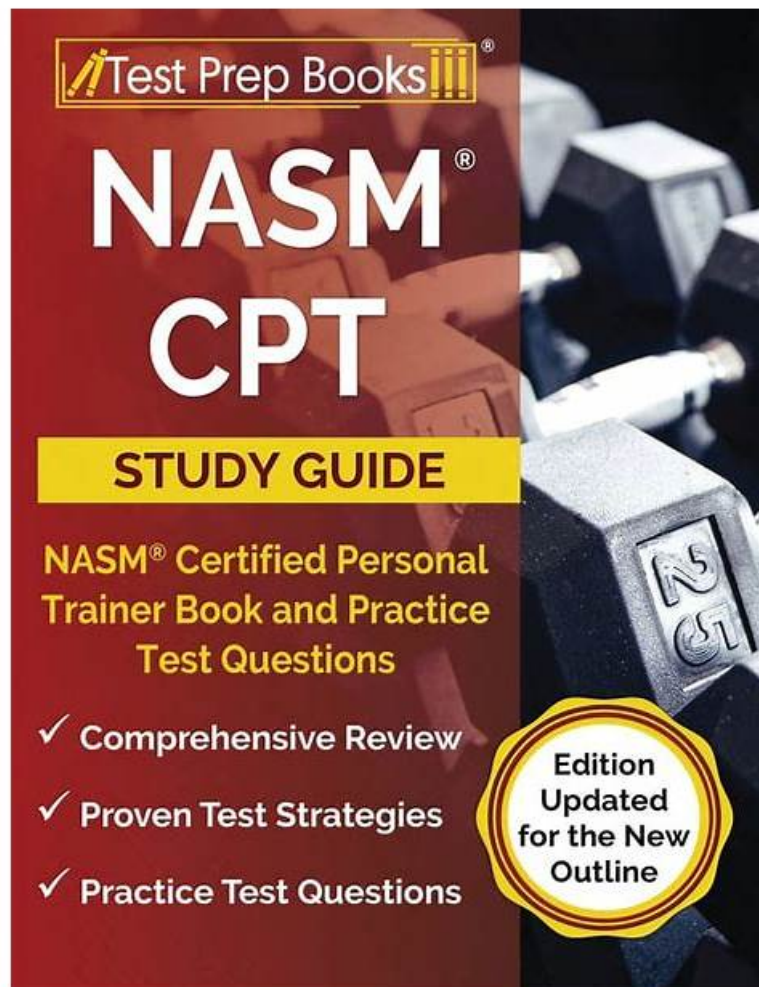


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NASM Certified Personal Trainer Exam Sample Questions (Q35-Q40):

NEW QUESTION # 35

Which of the following common upper-body exercises is considered contraindicated for any client?

- A. Seated lat pulldown with bar behind
- B. Seated lat pulldown with bar in front
- C. Alternating dumbbell chest press
- D. Dumbbell chest press on a stability ball

Answer: A

Explanation:

NASM lists the behind-the-neck lat pulldown as a contraindicated exercise for all clients due to the unnatural shoulder and cervical spine positioning it requires. Pulling the bar behind the head forces the shoulders into extreme external rotation and horizontal abduction, increasing the risk of impingement and neck strain. The guide recommends safer alternatives such as the front lat pulldown or pull-ups, which allow proper scapular movement and maintain neutral cervical alignment.

NEW QUESTION # 36

Before a session begins, a client complains of muscle tightness between their shoulder blades and asks the trainer to massage the area. The trainer should

- A. Send the client to a chiropractor instead of the session
- B. Give the client ibuprofen before the session
- C. Start the client with some stretching exercises
- D. Massage the area so they can start the session

Answer: A

NEW QUESTION # 37

Which type of joint only permits flexion or extension?

- A. Hinge
- B. Condylod
- C. Saddle
- D. Ball-and-socket

Answer: A

NEW QUESTION # 38

Which of the following describes the anatomical position of the sternum in relation to the pelvis?

- A. Inferior
- B. Medial
- C. Lateral
- D. Superior

Answer: D

NEW QUESTION # 39

A trainer meets an individual who is exercising inconsistently and has taken steps toward a regular exercise program. The trainer should identify that this person is in which of the following Stages of Change?

- A. Contemplation
- B. Action
- C. Precontemplation

- **D. Preparation**

Answer: D

Explanation:

Someone exercising inconsistently but taking steps toward a regular exercise program is in the preparation stage of change. The CPT7 guide describes this stage as when an individual is planning to take action soon and may be making small behavioral changes, such as occasional workouts, but has not yet established a consistent pattern. Recognizing this stage allows the trainer to focus on strategies that reinforce the client's readiness and help them progress toward the action stage.

NEW QUESTION # 40

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