

Practice CPT Online - Test CPT Engine Version

CPT PRACTICE EXAM QUESTIONS & ANSWERS 2023/2024

What is the recommended daily intake for carbohydrates? - ANSWER-6-10, 6, 10

When an exercise is high intensity and lasts about 10 seconds, which of the following energy pathways is predominantly in use? - ANSWER-ATP-PC

What measurement needs to be taken prior to the start of the Rockport walk test? - ANSWER-WEIGHT

While performing the overhead squat assessment, the personal trainer observes a client demonstrating a low back arch movement dysfunction. Which of the following muscles is probably overactive? - ANSWER-LATS

During the descent of a single-leg squat, a client's knee moves inward. Which of the following muscles should the trainer recognize as requiring static stretching? - ANSWER-VASTUS LATERALIS

Which of the following tests estimates an individual's cardiorespiratory fitness level on the basis of a submaximal bout of stair climbing at a set pace for a standard time limit? - ANSWER-YMCA, YMCA 3 MINUTE STEP TEST

Which of the following is a performance assessment test used to measure upper-extremity agility and stabilization? - ANSWER-DAVIES, DAVIES TEST

Which method, also known as the Karvonen method, is used for establishing training intensity based on the difference between a client's predicted maximal heart rate and his or her resting heart rate? - ANSWER-HRR

Low-volume training with high intensity increases which of the following? - ANSWER-RATE OF FORCE (PRODUCTION)

P.S. Free & New CPT dumps are available on Google Drive shared by Real4exams: <https://drive.google.com/open?id=1i0YEQDZhJfS1pbBJnKrMacGxeEEh7jC>

We have thousands of satisfied customers around the globe so you can freely join your journey for the NASM Certified Personal Trainer Exam certification exam with us. Real4exams also guarantees that it will provide your money back if in any case, you are unable to pass the NASM CPT Exam but the terms and conditions are there that you must have to follow.

There is no doubt that among our three different versions of CPT guide torrent, the most prevalent one is PDF version, and this is particularly suitable and welcomed by youngsters. There are some features of this version: first of all, PDF version of our CPT prep guide can be printed into paper, though which you are able to do some note-writing and highlight the important exam points. Besides our CPT Exam Torrent support free demo download, as we mentioned before, it is an ideal way for you to be fully aware of our CPT prep guide and then purchasing them if suitable and satisfactory.

>> Practice CPT Online <<

How to Get NASM CPT Certification within the Target Period?

With the arrival of experience economy and consumption, the experience marketing is well received in the market. If you are fully attracted by our CPT training practice and plan to have a try before purchasing, we have free trials to help you understand our products better before you completely accept our CPT study dumps. As long as you submit your email address and apply for our free trials, we will soon send the free demo of the CPT training practice to your mailbox. If you are uncertain which one suit you

best, you can ask for different kinds free trials of CPT latest exam guide in the meantime. After deliberate consideration, you can pick one kind of study materials from our websites and prepare the exam

NASM Certified Personal Trainer Exam Sample Questions (Q225-Q230):

NEW QUESTION # 225

A 60-year-old female with a Cardiovascular Risk Profile assessment of 33 is 80 pounds overweight, but she is highly motivated to start an exercise program. The trainer should advise her to:

- A. Seek a qualified yoga instructor
- B. Implement a low carbohydrate diet
- C. Start a walking program
- D. **Consult her physician**

Answer: D

NEW QUESTION # 226

Exercises which create sport-specific skill adaptations need to

- A. be low intensity
- B. **duplicate the desired movement**
- C. be performed on the weight machines
- D. incorporate isometric contractions

Answer: B

NEW QUESTION # 227

Which of the following is the MOST appropriate recommendation for a resistance training program for fat loss and endurance?

- A. 3 day split routine
- B. 4 day split full cardio routine
- C. 2 day split routine
- D. **3 day split total body circuit routine**

Answer: D

NEW QUESTION # 228

Which of the following is the primary hormone secreted during times of stress?

- A. Testosterone
- B. **Cortisol**
- C. Estrogen
- D. Progesterone

Answer: B

NEW QUESTION # 229

Cardiorespiratory fitness refers to the

- A. Improvement in heart rate that the body is capable of as it increases exercise duration with each session of endurance activity.
- B. Level of cardiac functions that are required to sustain blood pressure and blood flow through the arterial components during exercise bouts.
- C. Benefits of endurance activities that require the heart to work at maximal capacity in an effort to strengthen cardiac muscle.
- D. **Outcomes of regular exercise relating to the ability to supply oxygen to skeletal muscle during sustained physical activity.**

Answer: D

NEW QUESTION # 230

.....

We are now in an era of technological development. CPT had a deeper impact on our work. Passing the CPT exam is like the vehicle's engine. Only when we pass the exam can we find the source of life and enthusiasm, become active and lasting, and we can have better jobs in today's highly competitive times. To pass the CPT Exam, careful planning and preparation are crucial to its realization. Of course, the path from where you are to where you want to get is not always smooth and direct. Therefore, this is the point of our CPT exam materials, designed to allow you to spend less time and money to easily pass the exam.

Test CPT Engine Version: https://www.real4exams.com/CPT_braindumps.html

We have also been demanding ourselves with the highest international standards to support our CPT training guide in every aspect, NASM Practice CPT Online You choose most of your parts in your life as well as the practice materials for this exam, NASM Practice CPT Online Dear friends, I know you have plenty of dreams waiting for you to realize, You only focus on new CPT study materials for certifications, due to experts' hard work and other private commitments.

Click on Music in the Library section of the Pdf CPT Files iTunes Source list, Configure the router to work with the firewall, We have also been demanding ourselves with the highest international standards to support our CPT training guide in every aspect.

Top Practice CPT Online 100% Pass | Valid CPT: NASM Certified Personal Trainer Exam 100% Pass

You choose most of your parts in your life as well as the CPT practice materials for this exam, Dear friends, I know you have plenty of dreams waiting for you to realize.

You only focus on new CPT study materials for certifications, due to experts' hard work and other private commitments, And you can free download the demos of the CPT study guide, you can have a try before purchase.

- CPT Latest Test Questions □ Practice Test CPT Fee □ Valid CPT Test Practice □ Copy URL □ www.examcollectionpass.com □ open and search for “CPT” to download for free □ CPT Latest Braindumps Ppt
- CPT Latest Exam Simulator □ CPT New Exam Bootcamp □ Latest CPT Material □ Immediately open □ www.pdfvce.com □ and search for ➤ CPT □ to obtain a free download □ CPT Examcollection Dumps
- CPT Test Guide Online □ CPT Test Guide Online □ CPT Exam Dump □ Open website □ www.prepawayete.com □ and search for 【 CPT 】 for free download □ CPT Latest Test Report
- Practice CPT Online - Free PDF 2026 CPT: First-grade Test NASM Certified Personal Trainer Exam Engine Version □ Immediately open ➤ www.pdfvce.com □ and search for “CPT” to obtain a free download □ Latest CPT Material
- Test CPT Book □ CPT Latest Test Questions □ Associate CPT Level Exam □ Download ➡ CPT ⇌ for free by simply entering ➡ www.torrentvce.com □ □ □ website □ CPT Latest Exam Simulator
- Pass Guaranteed 2026 NASM CPT: Practice NASM Certified Personal Trainer Exam Online □ Open ➤ www.pdfvce.com □ and search for ➤ CPT □ to download exam materials for free □ Reliable CPT Exam Blueprint
- Pass Guaranteed Unparalleled CPT - Practice NASM Certified Personal Trainer Exam Online □ Open “www.pass4test.com” and search for ➡ CPT ⇌ to download exam materials for free □ CPT Latest Exam Simulator
- Pass Guaranteed Unparalleled CPT - Practice NASM Certified Personal Trainer Exam Online □ Open [www.pdfvce.com] and search for ➡ CPT □ to download exam materials for free □ Test CPT Pattern
- CPT Latest Braindumps Ebook □ CPT Latest Braindumps Ppt □ Test CPT Dumps □ Open website “www.dumpsmaterials.com” and search for ➡ CPT □ for free download □ CPT New Exam Bootcamp
- Recommended CPT Exam Questions To Pass In First Try □ 「 www.pdfvce.com 」 is best website to obtain 【 CPT 】 for free download □ Practice Test CPT Fee
- CPT Test Guide Online ➡ □ Valid CPT Test Practice □ Fresh CPT Dumps □ ➡ www.verifieddumps.com □ is best website to obtain 《 CPT 》 for free download □ Test CPT Dumps
- shortcourses.russellcollege.edu.au, www.stes.tyc.edu.tw, lms.ait.edu.za, tutorialbangla.com, www.stes.tyc.edu.tw, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, www.stes.tyc.edu.tw, www.stes.tyc.edu.tw, pct.edu.pk, www.stes.tyc.edu.tw, Disposable vapes

What's more, part of that Real4exams CPT dumps now are free: <https://drive.google.com/open?id=1i0YEQDZhJfSlpbBJnKrMacGxeEEh7jC>