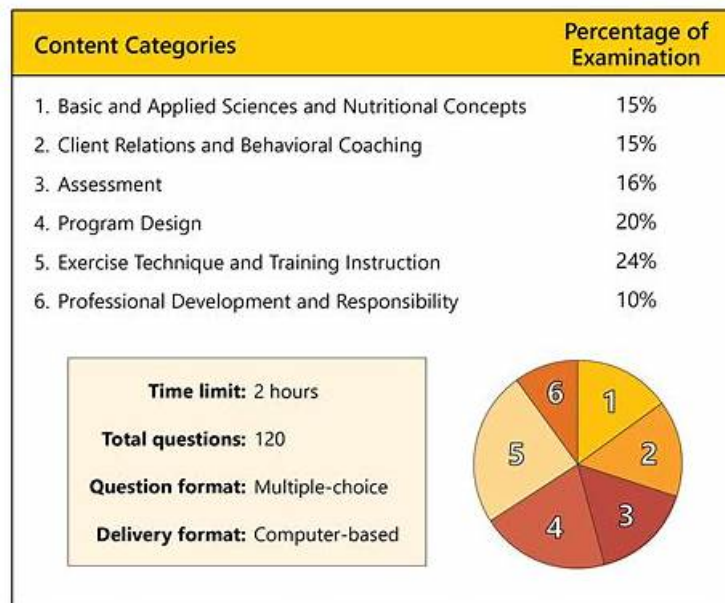


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## NASM Certified Personal Trainer Exam Sample Questions (Q35-Q40):

### NEW QUESTION # 35

Which of the following exercises primarily uses the ATP-PC system in the process of energy production?

- A. Circuit training
- B. Marathon
- C. Aerobics class
- D. Sprinting

**Answer: D**

Explanation:

The ATP-PC (adenosine triphosphate-phosphocreatine) system is the body's fastest method for regenerating ATP and is dominant during high-intensity, short-duration activities lasting about 10-15 seconds. NASM's bioenergetics section notes: "Example exercises that predominately use the ATP-PC system include short sprints, Olympic weightlifting, jumping, and plyometrics." Sprinting fits perfectly because it requires maximum muscular power output in a short time frame. Aerobics, circuit training, and marathons rely much more heavily on glycolytic or oxidative energy systems due to their longer duration and lower relative intensity. Thus, sprinting is the exercise in this list that predominantly uses the ATP-PC system.

#### **NEW QUESTION # 36**

A trainer is working with a client who is overweight. Which of the following is an appropriate position for the client to begin a row?

- A. Side-lying
- **B. Standing**
- C. Prone
- D. Supine

**Answer: B**

Explanation:

When working with overweight or obese clients, exercise positions should optimize comfort, breathing, and movement efficiency while minimizing orthopedic stress. NASM's program design recommendations favor upright or incline positions for resistance training when possible, especially for those who may experience discomfort or breathing restriction in prone (face down) or supine (lying flat) positions. For a row, starting in a standing position-such as with cables, resistance bands, or a machine-allows the client to maintain spinal alignment, engage the core, and breathe freely, while accommodating a larger body mass. Side-lying and prone positions may be physically uncomfortable and limit range of motion for overweight individuals.

#### **NEW QUESTION # 37**

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

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

**Answer: B**

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 # 38**

Which of the following is an adaptation caused by regular resistance training?

- A. Decreased muscle hypertrophy
- B. Decreased circulation
- **C. Increased motor unit recruitment**
- D. Increased muscle recovery time

**Answer: C**

#### **NEW QUESTION # 39**

An example of transverse plane motion is a

- A. Pull down
- B. Squat
- **C. Bench press**
- D. Lunge

**Answer: C**

## NEW QUESTION # 40

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