

# Pass Guaranteed Quiz NASM - CPT-High-quality Reliable Mock Test

## NASM CPT PRACTICE TEST Questions with Complete Solutions

Which of the following is the recommended rest interval when performing a circuit for phase 5 resistance training?

- a: 0 to 30 seconds
- b: 31 to 60 seconds
- c: 1-2 minutes
- d: 3-5 minutes **Answer- D: 3-5 minutes**

Which of the following is part of the marketing mix?

- a: prominence
- b: public
- c: place
- d: professionalism **Answer- C: place**

When a client practices self-myofascial release, which of the following physiological changes is the goal?

- a. An increase in joint receptor activity results in an inhibition of muscles around a joint.
- b. A decrease in neurotransmitter activity results in the contraction of a muscle.
- c. A decrease in muscle spindle activity results in the contraction of a muscle.
- d. An increase in Golgi tendon organ activity results in relaxation of a muscle. **Answer- d. An increase in Golgi tendon organ activity results in relaxation of a muscle.**

Which of the following is the correct repetition range and tempo for the Stabilization, Strength and Power Phases of the OPT model?

- a. 12-20/Slow, 1-12/ Moderate, 1-10/Explosive
- b. 12-20/Moderate, 1-10/Explosive, 1-12/Slow
- c. 1-10/Slow, 12-20/Moderate, 1-12/Explosive
- d. 1-10/Moderate, 12-20/Slow, 1-12/Explosive **Answer- a. 12-20/Slow, 1-12/ Moderate, 1-10/Explosive**

After completing the Three-Minute Step Test, a 20-year-old male scored in zone 2. What is the correct heart rate range for when he does cardio training?

- a. 86% to 95% of HR max
- b. 76% to 85% of HR max
- c. 65% to 75% of HR max
- d. 55% to 60% of HR max **Answer- b. 76% to 85% of HR max**

Which of the following is the innermost layer of muscular connective tissue?

BTW, DOWNLOAD part of PDFTorrent CPT dumps from Cloud Storage: <https://drive.google.com/open?id=10Q3NKeq-YxChHjlyIbt9iN7D364kCe3>

As we all know, practice makes perfect. It's also applied into preparing for the exam. CPT training materials of us contain both quality and quantity, and you will get enough practice if you choose us. In addition, CPT exam cram cover most of the knowledge points for the exam, and you can master the major knowledge points for the exam as well as improve your professional ability in the process of learning. We are pass guarantee and money back guarantee if you fail to pass your exam by using CPT Exam Dumps of us. Online and offline service are available by us, if you have any questions, you can consult us.

All these three NASM CPT exam questions formats contain the real and updated CPT exam questions. These NASM Certified Personal Trainer Exam (CPT) exam questions are being presented in practice test software and PDF dumps file formats. The CPT desktop practice test software is easy to use and install on your desktop computers. Whereas the other NASM CPT web-based practice test software is concerned, this is a simple browser-based application that works with all operating systems. Both practice tests are customizable, simulate actual exam scenarios, and help you overcome mistakes.

**>> Reliable CPT Mock Test <<**

## Prep CPT Guide | Mock CPT Exam

It is important to check the exercises and find the problems. Once you use our CPT study prep to aid your preparation of the exam, all of your exercises of the study materials will be carefully recorded on the system of the CPT exam braindump. Also, you can know your current learning condition clearly. The results will display your final scores on the screen. Also, you will know the

numbers of correct and false questions of your exercise. Our CPT Certification Materials can help you transfer into a versatile talent. Many job seekers have successfully realized financial freedom with the assistance of our CPT test training. All your dreams will be fully realized after you have obtained the CPT certificate. Finding a good paying job is available for you.

## NASM Certified Personal Trainer Exam Sample Questions (Q226-Q231):

### NEW QUESTION # 226

A trainer is preparing a client for a barbell back squat. Prior to initiating the exercise, which of the following should the trainer determine to ensure proper spotting technique?

- A. The client's one-rep maximum
- B. The number of sets
- C. The exercise tempo
- D. The number of repetitions

**Answer: D**

Explanation:

Before spotting a barbell back squat, NASM guidelines recommend that the trainer confirm how many repetitions the client plans to perform. This ensures the spotter is prepared for the effort duration, can assist effectively if fatigue sets in, and helps prevent injury. While knowing sets, tempo, or 1RM may be useful for programming, for spotting technique specifically, repetition count is the key pre-lift communication point.

### NEW QUESTION # 227

When using proprioceptive neuromuscular facilitation (PNF) stretching techniques, how long should the isometric contraction be held for?

- A. 13-15 seconds
- B. 16-18 seconds
- C. 10-12 seconds
- D. 19-21 seconds

**Answer: C**

### NEW QUESTION # 228

If a client's lower back arches during an overhead squat test, which of the following muscles is likely underactive?

- A. Erector spinae
- B. Psoas major
- C. Transverse abdominis
- D. Latissimus dorsi

**Answer: C**

Explanation:

If a client's lower back arches during the Overhead Squat Assessment, this indicates excessive lumbar extension and an anterior pelvic tilt, often due to overactive hip flexors and erector spinae, and underactive core stabilizers—especially the transverse abdominis. NASM identifies the transverse abdominis, internal obliques, and multifidus as key local stabilization system muscles that contract isometrically to stabilize the LPHC during movement. Weakness in the transverse abdominis allows the pelvis to tilt forward and the lumbar spine to overextend, which appears as an arch in the lower back. Strengthening this deep abdominal muscle helps maintain a neutral spine under load.

### NEW QUESTION # 229

During the overhead squat assessment, a client exhibits an excessive forward lean. This indicates decreased neural drive in which of the following muscles?

- A. Erector spinae

- B. Rhomboids
- C. Popliteus
- D. Rectus femoris

**Answer: A**

Explanation:

In the Overhead Squat Assessment (OHSA), an excessive forward lean often indicates underactive erector spinae muscles along with other potential compensations. The NASM CPT7 Study Guide explains that decreased neural drive (underactivity) in the erector spinae reduces the spine's ability to remain extended against gravity, leading to a forward trunk angle.

The erector spinae are part of the posterior chain, working synergistically with the gluteus maximus and hamstrings to maintain upright posture during squatting. When they are underactive, other muscles—such as the hip flexor complex—may dominate, pulling the pelvis and torso forward. Popliteus primarily assists with knee stability and internal rotation of the tibia, rhomboids are involved in scapular retraction (not lumbar extension), and the rectus femoris is a hip flexor/knee extensor, often overactive in forward lean cases. Thus, the forward lean points directly to reduced neural drive in the erector spinae.

**NEW QUESTION # 230**

A client has mastered the single-leg squat on the floor. Which of the following is a proprioceptive and challenging progression?

- A. Two-leg squat on floor
- B. Two-leg squat on Dyna disc
- C. Single-leg squat on an Airex pad
- D. Single-leg squat on a Dyna disc

**Answer: D**

Explanation:

NASM's balance progression principles move from stable # less stable # unstable surfaces, while keeping proper form. A single-leg squat on a Dyna disc is more proprioceptively challenging than doing it on the floor or even on an Airex pad because the Dyna disc creates multidirectional instability.

Two-leg squats, even on unstable surfaces, are less challenging for balance than single-leg squats. Therefore, progressing from single-leg squat on the floor to single-leg squat on a Dyna disc follows the recommended instability progression.

**NEW QUESTION # 231**

.....

Never stop challenging your limitations. If you want to dig out your potentials, just keep trying. Repeated attempts will sharpen your minds. Maybe our CPT study materials are suitable for you. We strongly advise you to have a brave attempt. You will own a wonderful experience after you learning our CPT Study Materials. Our study materials are different from common study materials, which can motivate you to concentrate on study.

**Prep CPT Guide:** <https://www.pdftorrent.com/CPT-exam-prep-dumps.html>

Immediately download the CPT study after your payment, With the development of the world, technology is becoming more and more advanced (CPT exam preparation), however, there are many bad people who are trying to get benefits from illegal behaviors, and the hackers are typical among them, who are trying to make profits by stealing personal information, NASM Reliable CPT Mock Test As the saying goes, success and opportunity are only given to those people who are well-prepared!

Made in the A magazine, The Whole Product, Immediately download the CPT study after your payment, With the development of the world, technology is becoming more and more advanced (CPT Exam Preparation), however, there are many bad people who are trying to get CPT benefits from illegal behaviors, and the hackers are typical among them, who are trying to make profits by stealing personal information.

## **100% Pass Quiz NASM - CPT Authoritative Reliable Mock Test**

As the saying goes, success and opportunity are only given to those people who are well-prepared, Our CPT exams cram not only helps you pass NASM Certified Personal Trainer Exam exam easily but also makes sure you worry-free shopping.

Comprehensive questions with complete details.

2026 Latest PDFTorrent CPT PDF Dumps and CPT Exam Engine Free Share: <https://drive.google.com/open?id=10Q3NKeq-YxChJHjlyIbt9iN7D364kCe3>