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## NASM Certified Personal Trainer Exam Sample Questions (Q181-Q186):

### NEW QUESTION # 181

Which of the following is an appropriate heart rate range for a client who scored average on the YMCA 3- minute step test?

- A. 55% to 60%
- **B. 65% to 75%**
- C. 86% to 95%
- D. 76% to 85%

**Answer: B**

Explanation:

The YMCA 3-Minute Step Test is used to estimate cardiorespiratory fitness. In the NASM CPT7 Study Guide, clients who score average on this test should begin cardiorespiratory training at a target heart rate zone of 65% to 75% of their estimated maximal heart rate. This ensures they are challenged enough to stimulate cardiovascular improvement without causing undue fatigue or risk, aligning with Zone 1-2 intensities for aerobic base building.

### NEW QUESTION # 182

A trainer is instructing a client to perform alternating side lunges. Which of the following auditory cues should the trainer use?

- A. "Start by standing with your feet together."
- **B. "Keep your spine neutral."**
- C. "Land with your foot pointed in the direction you are stepping."
- D. "Lunge as far as possible to improve muscle activation."

**Answer: B**

Explanation:

When instructing side lunges, NASM emphasizes using specific, safety-focused cues to maintain proper posture and joint alignment. The CPT7 Study Guide notes that spinal alignment should be maintained in a neutral position during all exercises to prevent excessive shear or compressive forces on the vertebrae and intervertebral discs.

For side lunges, the neutral spine cue ensures that the client maintains proper core engagement and avoids lumbar rounding or hyperextension, which can cause undue stress on the back. While "Start by standing with your feet together" (Option A) is an accurate setup detail, it's more of a positional cue rather than an ongoing form-maintenance cue. "Land with your foot pointed in the direction you are stepping" (Option C) could help in some multi-planar movements, but for lateral lunges, the lead foot should typically remain pointed forward to emphasize frontal-plane loading. "Lunge as far as possible" (Option D) risks compromising alignment and safety. Thus, the most appropriate auditory cue is "Keep your spine neutral."

### NEW QUESTION # 183

A trainer is working with a client who has upper crossed syndrome. Which of the following muscles should the trainer recommend that the client stretch?

- A. Serratus anterior
- B. Lower trapezius
- **C. Levator scapulae**
- D. Teres minor

**Answer: C**

Explanation:

Upper crossed syndrome is a common postural distortion pattern characterized by forward head posture, rounded shoulders, and thoracic kyphosis. NASM identifies overactive muscles in this condition as the upper trapezius, levator scapulae, sternocleidomastoid, pectoralis major/minor, and suboccipitals. Underactive muscles include the deep cervical flexors, serratus anterior, lower trapezius, and rhomboids. Corrective exercise strategies involve inhibiting (SMR) and lengthening the overactive

muscles-thus the levator scapulae is a primary stretch target. Stretching it helps restore cervical and scapular alignment, improve movement mechanics, and reduce compensations. The other listed muscles-serratus anterior, lower trapezius, and teres minor-are underactive and require strengthening, not stretching.

#### NEW QUESTION # 184

Which bone is located in the arm?

- A. Sacrum
- **B. Radius**
- C. Sternum
- D. Hyoid

**Answer: B**

#### NEW QUESTION # 185

A trainer is spotting a client who is performing a dumbbell chest press. Which of the following techniques should the trainer use?

- A. Provide most of the effort for the client to successfully complete the lift.
- B. Refrain from spotting until the client has passed the "sticking point."
- C. Provide spotting assistance at the client's elbows.
- **D. Determine how many repetitions the client will perform before the start of the set.**

**Answer: D**

Explanation:

Proper spotting involves clear communication before the lift to ensure both the client and trainer understand the expectations. The NASM CPT7 Study Guide advises that the trainer and client should agree on the number of reps and the level of assistance before starting any exercise.

For a dumbbell chest press, spotters should assist at the wrists, not the elbows, to better control the weights' path if the client struggles. Providing most of the effort for the client (Option B) removes the training benefit and could be unsafe. Spotting at the elbows (Option C) offers poor control, and refraining from spotting until after the sticking point (Option D) can allow the client to get trapped in a dangerous position. Therefore, the first step is confirming reps and spotting plan before lifting.

#### NEW QUESTION # 186

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