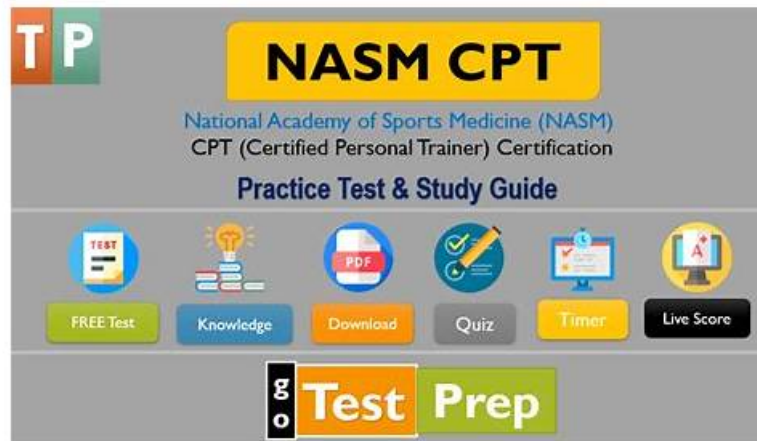


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NASM Certified Personal Trainer Exam Sample Questions (Q194-Q199):

NEW QUESTION # 194

A trainer notices that a client is having difficulty performing a push-up on a stability ball. Which of the following modifications should the trainer make?

- A. Instruct the client to perform a plyometric push-up.
- B. Elevate the client's feet onto a bench.
- C. Have the client perform a floor push-up.
- D. Switch the client to a medicine ball chest pass.

Answer: C

Explanation:

The NASM CPT7 Study Guide emphasizes progression and regression strategies to match exercises to a client's current ability, ensuring proper form, safety, and confidence building. When a client struggles with a push-up on a stability ball, it typically means the

instability challenge is too high, making it difficult to maintain core control and upper body strength simultaneously. NASM explains that regression "reduces the complexity or intensity of an exercise to allow the client to perform the movement pattern with proper alignment and control".

Performing a floor push-up provides a more stable surface, reduces instability demands, and allows the client to focus on proper alignment (neutral spine, controlled tempo, full range of motion). Once they master this, the trainer can gradually progress back to unstable surfaces for additional core activation.

By contrast, elevating the feet increases difficulty, plyometric push-ups add explosive demands, and switching to a medicine ball chest pass changes the exercise entirely from a stability strength movement to a power drill.

Therefore, the correct regression in this scenario-aligned with NASM's progressive training principles-is to move the client to a floor push-up before reintroducing instability.

NEW QUESTION # 195

The typical adult skeleton is composed of how many bones?

- A. 0
- B. 1
- C. 2
- D. 3

Answer: C

NEW QUESTION # 196

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

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

Answer: C

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 B) 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 A) risks compromising alignment and safety. Thus, the most appropriate auditory cue is "Keep your spine neutral."

NEW QUESTION # 197

Which of the following forms of flexibility best describes the phenomenon of the kinetic chain seeking the path of least resistance during functional movement?

- A. Active
- B. Dynamic
- C. Corrective
- D. Relative

Answer: D

Explanation:

NASM defines relative flexibility as the phenomenon where the kinetic chain seeks the path of least resistance during movement.

This occurs when one joint or muscle is restricted, causing movement to occur at an alternative joint that has more mobility, often leading to compensations. The CPT7 guide explains that this can result from muscle imbalances, poor flexibility, or faulty movement patterns, and it often appears in functional movement assessments as compensatory motions.

NEW QUESTION # 198

Protein that is broken down in the stomach and then further broken down in the small intestine forms

- A. fatty acids
- B. amino acids
- C. complex carbs
- D. simple sugars

Answer: B

NEW QUESTION # 199

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