

Download CPT Demo | Authorized CPT Certification



Our CPT exam questions are often in short supply. Every day, large numbers of people crowd into our website to browse our CPT study materials. Then they will purchase various kinds of our CPT learning braindumps at once. How diligent they are! As you can see, our products are absolutely popular in the market. And the pass rate of our CPT training guide is high as 98% to 100%. Just buy it and you will love it!

If you want to get NASM certification, you can save a lot of time and effort with our CPT study materials. We know that you must have a lot of other things to do, and our products will relieve your concerns in some ways. First of all, CPT exam materials will combine your fragmented time for greater effectiveness, and secondly, you can use the shortest time to pass the exam to get your desired certification. Our CPT Study Materials allow you to improve your competitiveness. With the help of our CPT study guide, you will be the best star better than others

>> **Download CPT Demo** <<

Reliable Download CPT Demo & Pass-Sure Authorized CPT Certification & Accurate CPT Vce Torrent

Our CPT practice braindumps not only apply to students, but also apply to office workers; not only apply to veterans in the workplace, but also apply to newly recruited newcomers. And our CPT study materials use a very simple and understandable language, to ensure that all people can learn and understand. Besides, our CPT Real Exam also allows you to avoid the boring of textbook reading, but let you master all the important knowledge in the process of doing exercises.

NASM Certified Personal Trainer Exam Sample Questions (Q65-Q70):

NEW QUESTION # 65

Which of the following is a compensation observed in the lumbo-pelvic-hip complex during the overhead squat assessment?

- A. Knees move inward
- B. Feet turn out
- **C. Low-back arches**
- D. Arms fall forward

Answer: C

Explanation:

In the overhead squat assessment (OHSA), one common compensation observed at the lumbo-pelvic-hip complex (LPHC) is excessive lumbar extension, also referred to as "low-back arches." The NASM CPT7 Study Guide lists this as an indication of overactivity in the hip flexor complex, latissimus dorsi, and erector spinae, and underactivity in the gluteus maximus, hamstrings, and core stabilizers.

Other options-knees moving inward (frontal plane), arms falling forward (upper body compensation), and feet turning out (foot/ankle compensation)-are observed in other kinetic chain checkpoints but not classified under LPHC compensations.

NEW QUESTION # 66

A weight gain client stops gaining weight. What is the MOST appropriate modification to the client's program?

- A. Decrease repetitions
- **B. Increase calories**
- C. Decrease calories
- D. Increase repetitions

Answer: B

NEW QUESTION # 67

A client who uses the erector spinae to perform a hip extension is exhibiting which of the following?

- A. Reciprocal inhibition
- B. Autogenic inhibition
- **C. Synergistic dominance**
- D. Neuromuscular efficiency

Answer: C

Explanation:

Synergistic dominance occurs when synergist muscles compensate for a weak or inhibited prime mover, taking over its primary function. In this case, the erector spinae-normally a spinal stabilizer-are performing hip extension instead of the gluteus maximus, which is the prime mover for that action.

The NASM CPT7 Study Guide explains that altered length-tension relationships and poor neuromuscular recruitment patterns can cause helper muscles to dominate, leading to inefficient movement and potential injury.

This is distinct from reciprocal inhibition (agonist-antagonist relationship), autogenic inhibition (GTO- mediated relaxation), and neuromuscular efficiency (optimal recruitment patterns).

NEW QUESTION # 68

What is the optimal repetition range when training for strength?

- **A. 4-6**
- B. 1-3
- C. 12-15
- D. 20-25

Answer: A

NEW QUESTION # 69

Which of the following is a contraindication to exercise?

- A. Loss of appetite
- B. Acute fatigue
- **C. Persistent dizziness**
- D. Lack of sleep

Answer: C

NEW QUESTION # 70

.....

Nowadays the test CPT certificate is more and more important because if you pass it you will improve your abilities and your stocks of knowledge in some certain area and find a good job with high pay. If you buy our CPT exam materials you can pass the exam easily and successfully. Our product boosts many advantages and it is worthy for you to buy it. You can have a free download and

- [illegible]