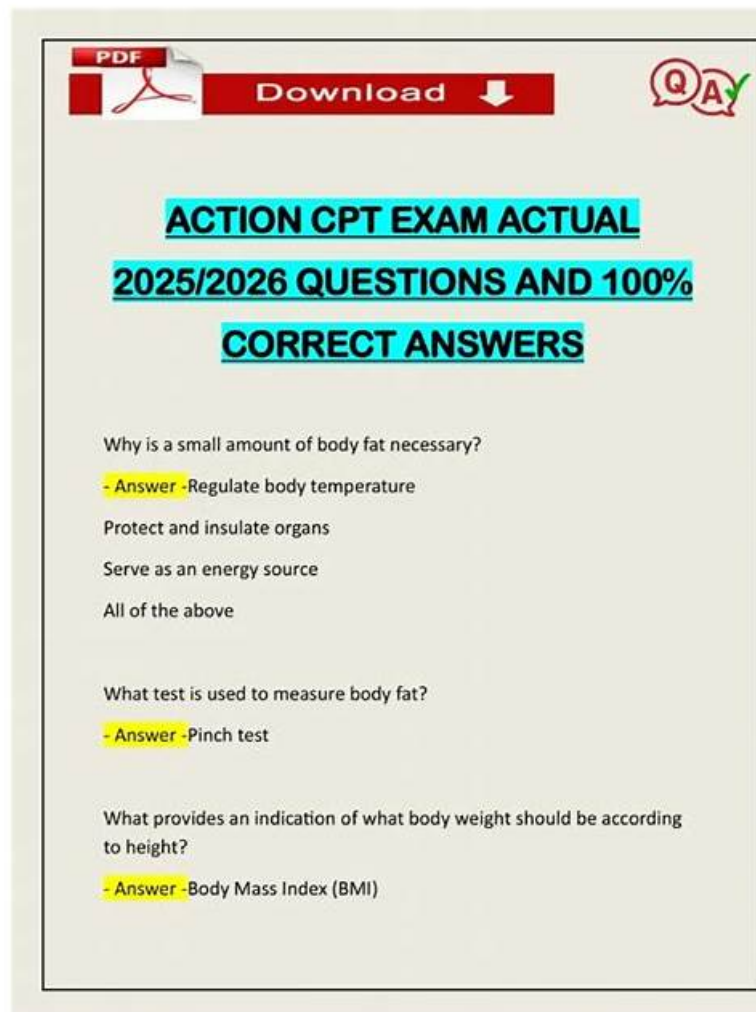


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NASM Certified Personal Trainer Exam Sample Questions (Q209-Q214):

NEW QUESTION # 209

Which of the following is the MOST appropriate recommendation for a resistance training program for fat loss and endurance?

- **A. 3 day split total body circuit routine**
- B. 4 day split full cardio routine
- C. 2 day split routine
- D. 3 day split routine

Answer: A

NEW QUESTION # 210

When a client is performing a dumbbell chest press, the trainer should spot the client in which of the following locations?

- A. Elbows
- B. Forearms
- C. Dumbbell
- **D. Wrist**

Answer: D

Explanation:

When spotting a dumbbell chest press, NASM recommends placing the hands at the client's wrists to help control the path of the dumbbells without restricting elbow movement.

Spotting at the elbows or forearms offers less stability and could allow the weight to drift into unsafe positions. Holding the dumbbells directly can disrupt the client's grip and balance. By spotting at the wrists, the trainer can assist only as much as needed while allowing the client to maintain proper form.

NEW QUESTION # 211

In which of the following situations should a trainer refer a client to a medical practitioner?

- **A. When the trainer becomes aware of undiagnosed osteoporosis.**
- B. When the trainer becomes aware of an undiagnosed allergy.
- C. When the trainer becomes aware of diagnosed hypertension.
- D. When the trainer becomes aware of diagnosed diabetes.

Answer: A

Explanation:

NASM's scope-of-practice guidelines clearly state that personal trainers must refer clients to qualified medical professionals when they suspect or become aware of any undiagnosed condition that could impact health and exercise safety. Undiagnosed osteoporosis poses significant risks for fractures and requires a physician's evaluation before beginning or continuing a program. Conversely, diagnosed conditions (like diabetes or hypertension) can be trained for within guidelines, provided the trainer follows physician recommendations.

NEW QUESTION # 212

Which of the following instructions should a personal trainer give a client during static stretching?

- A. Hold the stretch for 1 to 2 seconds and repeat for 5 to 10 repetitions.
- B. Complete one set of 10 repetitions for three or more exercises.
- C. Sustain pressure on a tender spot for a minimum of 30 seconds.
- **D. Complete one to three sets and hold each stretch for 30 seconds.**

Answer: D

Explanation:

For static stretching, NASM recommends holding each stretch for about 30 seconds to allow for relaxation of the muscle via autogenic inhibition. The guide outlines completing 1-3 sets per muscle group, particularly after workouts or as part of a corrective flexibility program. This method helps increase joint range of motion, correct muscle imbalances, and reduce tension in overactive muscles. Shorter holds (1-2 seconds) are used in dynamic warm-ups, not static stretching.

NEW QUESTION # 213

A trainer is working with a client who is performing the floor cobra exercise. Which of the following instructions should the trainer provide?

- A. "Point your thumbs down."
- B. "Relax your glutes."
- C. "Retract and depress your shoulder blades."
- D. "Look up and lift your chest off the floor."

Answer: C

Explanation:

The floor cobra is a corrective and postural exercise designed to strengthen the mid and lower trapezius, rhomboids, and rotator cuff muscles while promoting optimal scapular positioning. According to NASM technique cues, the client should lie prone, arms to the sides with thumbs pointing up, and focus on retracting (pulling together) and depressing (pulling downward) the shoulder blades. This encourages proper scapulothoracic motion and reduces overactivity of the upper trapezius and levator scapulae, which are common in postural distortions like upper crossed syndrome. The cue "relax your glutes" is incorrect here- glutes can remain gently active for pelvic stability. "Point your thumbs down" internally rotates the shoulders, counteracting the corrective intent. "Look up and lift your chest" risks cervical extension and lumbar strain rather than maintaining a neutral spine with scapular control.

NEW QUESTION # 214

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