

# Free PDF Test CPT Testking–The Best Reliable Exam Camp for your NASM CPT

## 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?

Each user's situation is different. CPT simulating exam will develop the most suitable learning plan for each user. We will contact the user to ensure that they fully understand the user's situation, including their own level, available learning time on CPT Training Questions. Our experts will fully consider the gradual progress of knowledge and create the most effective learning plan on the CPT exam questions for you.

For candidates who are going to attend the exam, some practice is necessary, for the practice can build up the confidence. CPT exam torrent of us can help you pass the exam successfully. CPT exam braindumps are edited by professional experts, and the quality can be guaranteed. In addition, CPT exam materials cover most knowledge points for the exam, and you can master the major knowledge points for the exam, therefore your confidence for the exam will be strengthened. We provide you with free demo for you to have a try before buying CPT Exam Braindumps, so that you can know what the complete version is like.

>> Test CPT Testking <<

## NASM Certified Personal Trainer Exam practice torrent & CPT study guide & NASM Certified Personal Trainer Exam dumps vce

We do admire our experts' familiarity and dedication with the industry all these years. By their help, you can qualify yourself with CPT guide materials. Our experts pass onto the exam candidate their know-how of coping with the exam by our CPT Exam Braindumps. Exam candidates are susceptible to the influence of ads, so our experts' know-how is impressive to pass the CPT exam instead of making financial reward solely.

## NASM Certified Personal Trainer Exam Sample Questions (Q128-Q133):

### NEW QUESTION # 128

Which of the following terms refers to the process of muscles moving together to produce movement around a joint?

- A. Length-tension relationship
- B. Force-velocity curve
- C. Synergistic dominance
- **D. Force-couple relationship**

**Answer: D**

Explanation:

The NASM CPT7 Study Guide defines a force-couple relationship as the coordinated action of multiple muscles working together to produce movement around a joint. This occurs when muscles pull in different directions to produce the same rotary motion. For example, during an upward rotation of the scapula, the upper trapezius, lower trapezius, and serratus anterior work together in a force couple. This coordination is essential for efficient movement patterns and injury prevention.

### NEW QUESTION # 129

Which of the following tests would be used to assess power?

- A. 1RM bench press
- B. VO2 max
- **C. Vertical jump**
- D. Chin-up

**Answer: C**

### NEW QUESTION # 130

A trainer is designing an exercise program for a client whose main goal is weight loss. Which of the following resistance training systems is most appropriate for this client?

- **A. Vertical loading**
- B. Drop-sets
- C. Horizontal loading
- D. Pyramid

**Answer: A**

Explanation:

For clients focused on weight loss, NASM emphasizes maximizing caloric expenditure within each session.

The vertical loading resistance training system organizes exercises by alternating between different body parts in succession (e.g., upper body push, lower body pull, core, etc.), cycling through them before repeating. This minimizes rest periods for any one muscle group while maintaining continuous movement, which elevates heart rate and increases total session energy expenditure. The CPT7 guide contrasts this with horizontal loading, where one exercise is completed for all sets before moving to the next, which generally involves longer rest and lower overall caloric burn.

### NEW QUESTION # 131

Which term describes the client's target heart rate prior to performing the next set?

- A. Maximal
- B. Post-set
- **C. Recovery**
- D. Resting

**Answer: C**

### NEW QUESTION # 132

A client has an overactive lateral gastrocnemius. Which of the following types of flexibility training is appropriate for this client?

- A. Active
- **B. Static**
- C. Dynamic
- D. Plyometric

**Answer: B**

Explanation:

For an overactive lateral gastrocnemius, the CPT7 guide recommends static stretching to lengthen the muscle and reduce tension via autogenic inhibition. Static flexibility involves holding a stretch for ~30 seconds, allowing the Golgi tendon organs to signal relaxation. This is part of the corrective flexibility approach in NASM's flexibility continuum, used to address overactivity before dynamic or performance-focused stretching. Active or dynamic stretching is better suited for warming up underactive muscles, while plyometric work is not appropriate for addressing overactivity.

### NEW QUESTION # 133

.....

Many clients may worry that their privacy information will be disclosed while purchasing our CPT quiz torrent. We promise to you that our system has set vigorous privacy information protection procedures and measures and we won't sell your privacy information. Before you buy our product, you can download and try out it freely so you can have a good understanding of our CPT Quiz prep. Please feel safe to purchase our CPT exam torrent any time as you like. We provide the best service to the client and hope the client can be satisfied.

**Reliable CPT Exam Camp:** [https://www.prep4pass.com/CPT\\_exam-braindumps.html](https://www.prep4pass.com/CPT_exam-braindumps.html)

NASM Test CPT Testking We guarantee that your money is safe, NASM Test CPT Testking If you fail in the exam, we will give you full refund, CPT exam materials contain most of knowledge points for the exam, and you can master major knowledge points for the exam as well as improve your ability in the process of learning. By concluding quintessential points into CPT practice materials, you can pass the exam with the least time while huge progress.

Write complete JavaScript programs that run inside browsers, But two things CPT Latest Exam Testking are thematically similar if they functionally interact in the same scenario or event, even though they might be taxonomically dissimilar.

## Up-to-Date Test CPT Testking to Obtain NASM Certification

We guarantee that your money is safe, If you fail in the exam, we will give you full refund, CPT Exam Materials contain most of knowledge points for the exam, and you can master major CPT knowledge points for the exam as well as improve your ability in the process of learning.

By concluding quintessential points into CPT practice materials, you can pass the exam with the least time while huge progress, Just log into your Prep4pass Member's Area and follow the instructions.

- Test CPT Testking | Professional CPT: NASM Certified Personal Trainer Exam ☐ Search for ☀ CPT ☐ ☀ ☐ and download it for free on ☐ [www.pass4leader.com](http://www.pass4leader.com) ☐ website ☐ New CPT Exam Online
- Reliable CPT Test Voucher ☐ Valid CPT Exam Answers ☐ Latest CPT Exam Format ☐ The page for free download of ➡ CPT ☐ ☐ ☐ on > [www.pdfvce.com](http://www.pdfvce.com) < will open immediately ☐ Hot CPT Questions
- Latest CPT Dumps Sheet ☐ Training CPT Online ☐ CPT Printable PDF ☐ Enter 「 [www.passcollection.com](http://www.passcollection.com) 」 and search for ⇒ CPT ⇐ to download for free ☐ CPT Exam Sample Online
- Unmatched CPT Guide Materials: NASM Certified Personal Trainer Exam Compose High-praised Exam Braindumps - Pdfvce ☐ Search for ☐ CPT ☐ on { [www.pdfvce.com](http://www.pdfvce.com) } immediately to obtain a free download ☐ Hot CPT Questions
- CPT Printable PDF ☐ Test CPT Dumps Demo ☐ Training CPT Online ☐ Open ➡ [www.examcollectionpass.com](http://www.examcollectionpass.com) ☐ and search for “CPT” to download exam materials for free ☐ Reliable CPT Test Tutorial
- Unmatched CPT Guide Materials: NASM Certified Personal Trainer Exam Compose High-praised Exam Braindumps - Pdfvce ☐ Download ➤ CPT ☐ for free by simply searching on ➡ [www.pdfvce.com](http://www.pdfvce.com) ☐ (M) CPT Exam Revision Plan
- Dump CPT Collection ☐ CPT Valuable Feedback ☐ CPT Printable PDF ☐ Search for ☀ CPT ☐ ☀ ☐ and download it for free on ☀ [www.prep4away.com](http://www.prep4away.com) ☐ ☀ ☐ website ☐ CPT Exam Revision Plan
- 2025 Test CPT Testking - High Pass-Rate NASM Reliable CPT Exam Camp: NASM Certified Personal Trainer Exam ☐ Search for 【 CPT 】 and obtain a free download on ▶ [www.pdfvce.com](http://www.pdfvce.com) ◀ ☐ CPT Valuable Feedback

