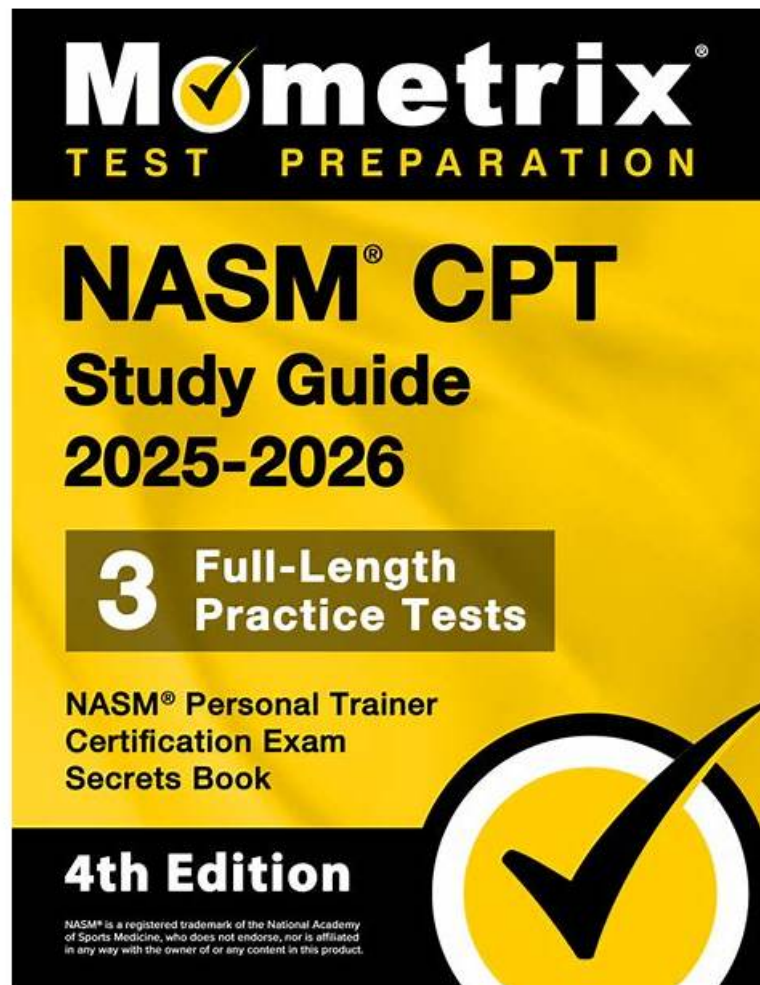


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In today's competitive technology sector, the NASM CPT certification is a vital credential. Many applicants, however, struggle to obtain up-to-date and genuine NASM CPT exam questions in order to successfully prepare for the exam. If you find yourself in this circumstance, don't worry since Easy4Engine has you covered with their real NASM CPT Exam Questions. Let's look at the characteristics of these NASM Certified Personal Trainer Exam test Questions and how they can help you pass the NASM CPT

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NASM Certified Personal Trainer Exam Sample Questions (Q43-Q48):

NEW QUESTION # 43

Which of the following is a bone found in the ankle?

- **A. Talus**
- B. Calcaneus
- C. Ilium
- D. Metacarpal

Answer: A

NEW QUESTION # 44

Before a session begins, a client complains of muscle tightness between their shoulder blades and asks the trainer to massage the area. The trainer should

- **A. Send the client to a chiropractor instead of the session**
- B. Start the client with some stretching exercises
- C. Give the client ibuprofen before the session
- D. Massage the area so they can start the session

Answer: A

NEW QUESTION # 45

In accordance with the NFPT, how long before an intense exercise session should a client eat?

- **A. 90-120 minutes**
- B. 150-180 minutes
- C. 60 minutes
- D. 30 minutes

Answer: A

NEW QUESTION # 46

Overstretching a muscle can cause a stretch reflex that results in greater force production. Which proprioceptor is responsible for preventing a muscle from overstretching?

- **A. Muscle Spindle**
- B. Motor End Plate
- C. Golgi Tendon Organ
- D. Fusiform Muscle

Answer: A

NEW QUESTION # 47

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

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

Answer: D

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 # 48

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