

Pass Guaranteed Quiz CPT - NASM Certified Personal Trainer Exam Latest Test Cram

NASM Certified Personal Trainer (CPT) Exam| Complete Guide with Questions and Verified Answers|100% Correct| Grade A Guaranteed | Latest 2023/ 2024 Update

Q: Main types of muscle fibre

Answer:
Type I (slow-twitch) or type II (fast-twitch)

Q: Characteristics of type I (slow-twitch) muscle fibre

Answer:
More capillaries, increased oxygen delivery, smaller in size, less force produced, slow to fatigue, long-term contractions

Q: Characteristics of type II (fast-twitch) muscle fibre

Answer:
Fewer capillaries, decreased oxygen delivery, larger in size, more force produced, quick to fatigue, short-term contractions (force and power)

Q: Agonist

Answer:
Prime mover muscle

BTW, DOWNLOAD part of TestInsides CPT dumps from Cloud Storage: <https://drive.google.com/open?id=15DlFmqlMhoETztPPUDGTceV4eWto4Ey>

Our CPT guide questions are compiled and approved elaborately by experienced professionals and experts. The download and tryout of our CPT torrent question before the purchase are free and we provide free update and the discounts to the old client. Our customer service personnel are working on the whole day and can solve your doubts and questions at any time. Our online purchase procedures are safe and carry no viruses so you can download, install and use our CPT Guide Torrent safely.

Facing the incoming NASM CPT Exam, you may feel stained and anxious, suspicious whether you could pass the exam smoothly and successfully. Actually, you must not impoverish your ambition. Our suggestions are never boggle at difficulties. It is your right time to make your mark. Preparation of exam without effective materials is just like a soldier without gun.

>> CPT Latest Test Cram <<

How TestInsides will Help You in Passing the CPT Exam

The exam outline will be changed according to the new policy every year, and the CPT questions torrent and other teaching software, after the new exam outline, we will change according to the syllabus and the latest developments in theory and practice and revision of the corresponding changes, highly agree with outline. The CPT Exam Questions are the perfect form of a complete set of

teaching material, teaching outline will outline all the knowledge points covered, comprehensive and no dead angle for the CPT candidates presents the proposition scope and trend of each year.

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

NEW QUESTION # 43

What system is made up of glands that mainly use hormones as information messengers?

- A. Muscular
- B. Immune
- C. Nervous
- D. Endocrine

Answer: D

NEW QUESTION # 44

Which of the following is an example of an objective assessment?

- A. Medical history questionnaire
- B. General health history questionnaire
- C. Overhead squat assessment
- D. Lifestyle questionnaire

Answer: C

Explanation:

An objective assessment involves measurable, observable data collected through tests or direct observation.

The NASM CPT7 Study Guide lists the overhead squat assessment (OHSA) as part of the movement assessments category under objective data collection.

Medical history questionnaires, lifestyle questionnaires, and general health history questionnaires are subjective assessments, relying on client self-reports. The OHSA objectively identifies movement compensations, joint alignment issues, and muscle imbalances, making it a direct and measurable fitness assessment.

NEW QUESTION # 45

A trainer notices that a client's arms fall forward during an overhead squat assessment. Which of the following muscles may be underactive?

- A. Latissimus dorsi
- B. Erector spinae
- C. Pectoralis minor
- D. Lower trapezius

Answer: D

Explanation:

When a client's arms fall forward during the Overhead Squat Assessment, NASM identifies this as an indication of overactive/shortened muscles (e.g., latissimus dorsi, pectoralis major/minor, teres major) and underactive/lengthened muscles such as the lower trapezius, middle trapezius, rhomboids, and rotator cuff.

The lower trapezius plays a critical role in scapular depression and upward rotation, helping keep the arms aligned overhead. Weakness in this muscle allows the scapulae to tip forward, contributing to the observed compensation. Strengthening the lower trapezius improves shoulder stability and posture during overhead movements. This is supported in NASM's corrective exercise strategies for the shoulder complex in the movement assessments section.

NEW QUESTION # 46

A personal trainer uses a heart rate monitor during a client's training session to provide which of the following types of feedback?

- A. Mechanical

- B. Internal
- **C. External**
- D. Sensory

Answer: C

Explanation:

NASM defines external feedback as information provided by an outside source - such as a trainer, mirror, video, or device - to help a client understand their performance. A heart rate monitor delivers real-time data from an external device, which the trainer can use to guide intensity adjustments. This differs from internal feedback, which comes from a client's own sensory awareness (e.g., perceived exertion). External feedback tools are essential in monitoring physiological responses and ensuring clients work within safe and effective training zones.

NEW QUESTION # 47

A trainer observes that a client's knees turn in during an overhead squat assessment. Which of the following exercises should the trainer recommend?

- A. Hamstring curl
- **B. Lateral tube walking**
- C. Seated leg press
- D. Hip adduction

Answer: B

Explanation:

When a client's knees turn inward during the overhead squat assessment, NASM identifies probable overactive and underactive muscles. Underactive muscles often include the gluteus medius and maximus.

Corrective strategies involve strengthening these abductors, and lateral tube walking is a targeted exercise for the gluteus medius, which helps control femoral internal rotation and knee valgus. The guide emphasizes integrating these corrective exercises into a full warm-up or stabilization phase to address faulty movement patterns.

NEW QUESTION # 48

.....

CPT certification is an essential certification of the IT industry. Are you still vexed about passing CPT certification test? TestInsides will solve the problem for you. Our TestInsides is a helpful website with a long history to provide CPT Exam Certification training information for IT certification candidates. Through years of efforts, the passing rate of TestInsides's CPT certification exam has reached to 100%.

Book CPT Free: <https://www.testinsides.top/CPT-dumps-review.html>

Maybe you think it does not prove the practicality of the PDF version, do not worry, we are going to tell us another special function about the PDF version of our CPT study tool, Using some short free time to practice and review Book CPT Free - NASM Certified Personal Trainer Exam exam online pdf is a smart way, NASM CPT Latest Test Cram Your career and life will be better.

Abbreviations Used in This Book xxiii, This CPT works only for short options, Maybe you think it does not prove the practicality of the PDF version, do not worry, we are going to tell us another special function about the PDF version of our CPT Study Tool.

New CPT Latest Test Cram Free PDF | Reliable Book CPT Free: NASM Certified Personal Trainer Exam

Using some short free time to practice and CPT Practice Exam Online review NASM Certified Personal Trainer Exam exam online pdf is a smart way, Your career and life will be better, TestInsides offers real NASM CPT exam questions with accurate answers in our CPT practice exam format.

Therefore, you are able to get hang of the essential points in a shorter time compared to those who are not willing to use our CPT exam torrent.

- 100% Pass Quiz 2025 CPT: High Pass-Rate NASM Certified Personal Trainer Exam Latest Test Cram □ Search for ⇒

CPT and download exam materials for free through « www.tests dumps.com » □ Exam CPT Bootcamp

- Exam CPT Answers □ Testking CPT Learning Materials □ Exam CPT Answers □ Search for ▷ CPT ▷ on ▷ www.pdfvce.com ↵ immediately to obtain a free download □ CPT Practice Exam Online
- CPT Exam Simulation: NASM Certified Personal Trainer Exam - CPT Study Guide Materials □ Search for “CPT” and download it for free on ▷ www.pass4test.com □ website □ Valid Dumps CPT Sheet
- CPT Exams Dumps □ Valid CPT Study Materials □ Reliable CPT Test Experience ↵ Open “www.pdfvce.com” enter ↶ CPT ↶ ↶ □ and obtain a free download □ Simulations CPT Pdf
- CPT Exams Dumps □ New CPT Test Cram □ Testking CPT Learning Materials □ Open ▷ www.real4dumps.com □ and search for ▷ CPT ↵ to download exam materials for free □ Exam CPT Objectives
- NASM CPT Exam | CPT Latest Test Cram - Full Refund if Failing CPT: NASM Certified Personal Trainer Exam Exam □ The page for free download of (CPT) on ▷ www.pdfvce.com □ will open immediately □ New CPT Test Cram
- 100% Pass CPT - Reliable NASM Certified Personal Trainer Exam Latest Test Cram □ Copy URL ▷ www.exam4pdf.com □ open and search for ▷ CPT □ □ □ to download for free □ CPT Certificate Exam
- Quiz 2025 NASM Unparalleled CPT: NASM Certified Personal Trainer Exam Latest Test Cram □ Open 【 www.pdfvce.com 】 and search for ▷ CPT ▷ to download exam materials for free □ CPT Exams Dumps
- Valid CPT Practice Materials □ CPT Certificate Exam □ Practice CPT Exam Online □ Search for “CPT” and easily obtain a free download on ▷ www.getvalidtest.com □ □ Valid CPT Practice Materials
- Study CPT Reference ↗ CPT Exams Dumps □ Exam CPT Training □ Search for □ CPT □ on □ www.pdfvce.com □ immediately to obtain a free download □ Study CPT Reference
- New CPT Test Cram □ CPT Authorized Test Dumps □ Exam CPT Training □ Easily obtain free download of 【 CPT 】 by searching on ▷ www.getvalidtest.com □ ↵ Exam CPT Bootcamp
- www.stes.tyc.edu.tw, pct.edu.pk, jszst.com.cn, bonich.org, dl.instructure.com, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, course.tlt-eg.com, kemi0713.jiliblog.com, kemi0713.full-design.com, www.stes.tyc.edu.tw, Disposable vapes

BTW, DOWNLOAD part of TestInsides CPT dumps from Cloud Storage: <https://drive.google.com/open?id=15DlFmqIMhoETztPPUDGTceV4eWto4Ey>