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**QUESTION 1**

How should an ACE certified Personal Trainer BEST reduce risk associated with this exercise?

- A. Have the client's hand touch a wall for support.
- B. Instruct the client to increase momentum.
- C. Replace the step with one of a smaller height.
- D. Use a dowel to increase Balance and stability.

Correct Answer: A

QUESTION 2

During a recent interview, a 64-year-old client said he had some negative experiences with previous personal trainers. The client indicated being critical of some of the information past trainers had shared because they were all much younger than the client. Which of the following would be the BEST strategy for the ACE certified Personal Trainer to use in order to gain respect and trust from this client?

- A. Gather more specific information about previous negative experiences to better understand the client's perspective. Attempt to contact the client's previous trainers to ask for suggestions or recommendations in working with their former client.
- B. Tell the client that age is not a factor Point out that plenty of people have no problems working with trainers young and old. and provide assurances that the client's experience will be a positive one .
- C. Gather more specific information about the client's previous negative experiences to better understand the client Behave. and dress professionally, and explain personal credentials, training, and philosophy Answer any questions the client might have.
- D. Tell the client about all the successes that previous clients have had, instilling an initial level of trust Offer the client an opportunity to watch a few training sessions with other clients providing the client a

chance to develop a more informed opinion

Correct Answer: A

QUESTION 3

Which exercise would you recommend to target the latissimus dorsi?

- A. Pull-up
- B. Push-up
- C. Lateral raise
- D. Incline press



Correct Answer: A

QUESTION 4

After six weeks of program participation, your training client has become interested in learning about post-exercise nutrition. Based on the principles of glycogen resynthesis, you tell her that her post-exercise snacks should include which of the following?

- A. 20 grams of protein and some carbohydrates
- B. 20 grams of protein and no carbohydrates
- C. 100 grams of carbohydrates and some protein
- D. 100 grams of carbohydrates and no protein

Correct Answer: C

QUESTION 5

Which cue would be MOST appropriate to help the client perform this exercise properly?

- A. Instruct the client to perform this exercise with feet elevated.
- B. instruct the client to lift the hips as high as possible while engaging the glutes.
- C. Tell the client: "Great job. That looks good. Make sure to squeeze your glutes at the top!"
- D. Tell the client: "Try to keep the spine in neutral alignment Brace the core and engage the glutes."

Correct Answer: A

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