



# ACE-PERSONAL-TRAINER<sup>Q&As</sup>

American Council on Exercise (ACE) Personal Trainer (PT)

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#### QUESTION 1

Which of the following factors CANNOT be determined through graded exercise testing?

- A. Heart rate recovery
- B. Inadequate heart rate response to exercise
- C. Decreased blood serum levels
- D. Appropriate blood pressure response

Correct Answer: C

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#### QUESTION 2

Why would endurance-trained individuals typically have lower resting heart rates than non-trained individuals?

- A. Decreased exercise blood pressure
- B. Increased maximal heart rate
- C. Increased cardiac cycle
- D. Increased stroke volume

Correct Answer: D

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#### QUESTION 3

When assessing a client's hip flexion using a passive supine straight-leg raise, an ACE certified Personal Trainer discovers there is less than 80 degrees of motion on both the right and left sides. This MOST likely indicates tightness in which muscles?

- A. Iliopsoas
- B. Hamstrings
- C. Adductor magnus and brevis
- D. Gluteus medius and minimus

Correct Answer: A

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#### QUESTION 4

Regarding muscle performance, which of the following is exhibited by this client?

- A. Glute dominance



- B. Overactive plantar flexors
- C. Quadriceps dominance
- D. Underactive hamstrings

Correct Answer: A

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#### QUESTION 5

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

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#### QUESTION 6

During the first week in a private club, a new ACE certified Personal Trainer comes across some client files sitting on a desk that a former trainer left behind after leaving the club. How should the new personal trainer deal with these files?

- A. Contact the previous trainer and obtain permission to contact former clients.
- B. Contact the clients for future training and continuation of workouts
- C. Take the files to a direct supervisor
- D. Destroy the files.

Correct Answer: D

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#### QUESTION 7

A client has just completed the third week of a program designed to Increase aerobic efficiency. The total accumulated



duration of cardio respiratory exercise for the week was 180 minutes. What is the maximum recommended duration of total exercise for week four of this client's program?

- A. 190 minutes
- B. 198 minutes
- C. 207 minutes
- D. 225 minutes

Correct Answer: B

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### QUESTION 8

Your new client stands with the palms of his hands facing in a posterior direction. What condition could be attributing to this position?

- A. Scapular protraction due to weak pectorals
- B. Scapular protraction due to tight pectorals and weak rhomboids
- C. Scapular retraction due to weak rhomboids and infraspinatus
- D. Scapular retraction due to a weak latissimus dorsi muscle

Correct Answer: C

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### QUESTION 9

During the performance of the squat in the video, which muscle group is dominant in both the eccentric and concentric phases of the exercise?

- A. Gluteals
- B. Quadriceps
- C. Hamstrings
- D. Anterior tibialis

Correct Answer: D

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### QUESTION 10

After eight weeks of a running program, a client reports having developed discomfort in the shins. Which of the following is the MOST appropriate course of action?

- A. Incorporate the RICE protocol, and apply topical analgesic cream prior to each workout.
- B. Maintain the training program as designed, and evaluate the quality of the client's running shoes.



- C. Rest and take some time off until the discomfort subsides.
- D. Vary the client's modality to incorporate non or low impact activities such as biking, water exercise, or rowing.

Correct Answer: D

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#### QUESTION 11

What would be an appropriate posting on an ACE certified Personal Trainer's professional social media homepage?

- A. "Check out this new research article about five-finger shoes."
- B. "Try out this great diet supplement to lose a quick five pounds."
- C. "Congrats to my client Mary who finally lost those last 10 pounds!"
- D. "Job hunting ready to move on Please contact me with any opportunities."

Correct Answer: D

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#### QUESTION 12

Which of the following positions is correct when taking a client's blood pressure?

- A. The client sits upright with both feet flat on the floor, and the left arm rests on a table with the elbow slightly flexed.
- B. The client stands with both feet flat on the floor. And the left arm rests on a flat surface with the elbow flexed.
- C. The client sits upright with both feet flat on the floor, and the right arm is extended at the side.
- D. The client sits upright with both feet flat on the floor, and the left arm rests perfectly straight on a table.

Correct Answer: A

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#### QUESTION 13

A personal trainer is educating a client on how to read a food label. On the label, there are 260 calories per serving, with three servings per package. There are 15 grams of carbohydrates and 10 grams of fat in each serving size. What percent of each serving size comes from carbohydrates?

- A. 17
- B. 23
- C. 30
- D. 43

Correct Answer: B

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#### QUESTION 14

Which of the following blood pressure readings is considered normal?

- A. 110/84 mmHg
- B. 117/76 mmHg
- C. 120/90 mmHg
- D. 128/72 mmHg

Correct Answer: C

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#### QUESTION 15

A long-time 45-year-old client has returned to training after suffering a shoulder impingement injury. Which of the following exercises should be AVOIDED to reduce risk of injury?

- A. Biceps curl
- B. Triceps push-downs
- C. Seated row
- D. Upright row

Correct Answer: A

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