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Practice Questions

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1. Which of the following describes proper alignment for a deadlift?

- A. Shoulders over the bar
- B. Shoulders behind the bar
- C. Bar too far away from the shins

2. When positioning a client on the seated leg press machine, which of the following joints should be aligned with the axis of the machine?

- A. Hip
- B. Shoulder
- C. Knee

3. What is the primary mechanism by which foam rollers aid in muscle recovery?

- A. They provide intense cardio workout
- B. They are primarily used for balance training
- C. They replace the need for traditional stretching
- D. They create myofascial release

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4. Which of the following is a common form mistake during a static hamstring stretch?

- A. Lifting the heels off the ground
- B. Bending the elbows
- C. Rounding the lower back
- D. Locking the knees

5. What is the most appropriate body position when performing a deadlift?

- A. Rounded spine, shoulders relaxed, and hips in line
- B. Neutral spine, shoulders relaxed, and hips hinged
- C. Neutral spine, shoulders retracted, and hips hinged



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6. Which of the following types of grip is primarily used when performing a deadlift?

- A. Pronated
- B. Supinated
- C. Neutral

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7. Which of the following is not a description of proper form during the upward phase of a deadlift exercise?

- A. Maintaining a neutral spine
- B. Engaging the core muscles
- C. Allowing the back to round during the lift

8. During which phase of the squat does the quadriceps muscle group primarily function to extend the knee joint?

- A. Ascending phase
- B. Descending phase
- C. Isometric phase
- D. Unloading phase

9. What is one benefit of using resistance bands in exercise routines?

- A. They are primarily used for high-impact exercises
- B. They require additional equipment to be effective
- C. They can be easily incorporated into both strength and mobility exercises
- D. They automatically ensure proper form for each exercise

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10. Which client traits suggest that they should undergo a detailed musculoskeletal assessment before initiating a high-intensity resistance training program?

- A. Only clients with a history of bone fractures
- B. Clients with a history of joint or muscle injuries and chronic pain
- C. All clients



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11. Which component of a healthy diet is responsible for the highest percentage of total caloric intake?

- A. Proteins
- B. Fats
- C. Carbohydrates

12. All of the following activities are suitable for a client recovering from a knee injury except:

- A. High-impact aerobics
- B. Swimming
- C. Cycling
- D. Yoga

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13. What is the recommended maximum inclination for a treadmill during high-intensity interval training (HIIT) sessions?

- A. Ten degrees
- B. Seven degrees
- C. Three degrees

14. At which stage of the General Adaptation Syndrome (GAS) model should a client start incorporating stress management techniques?

- A. Recovery
- B. Resistance
- C. Alarm
- D. Exhaustion

15. Which of the following training methods is the active recovery system a variation of?

- A. Interval training
- B. Pyramid system
- C. Split-routine system
- D. Super set system

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16. For an individual with an intermediate level of experience in stability ball exercises, how many different stability ball exercises should be included in their training regimen?

- A. 1-3 exercises
- B. 4-6 exercises
- C. 8-10 exercises
- D. 6-8 exercises

17. During a client's intake, what aspect of the meal frequency component of their diet should be recorded?

- A. The specific times at which the client eats
- B. Number of calories consumed daily
- C. Types of foods consumed
- D. Client's preferred cuisine

18. How should a personal trainer begin a session with a new client?

- A. By asking for the client's medical history immediately
- B. By starting with a physical assessment right away
- C. By explaining the workout plan in detail before any introductions
- D. By greeting the client warmly and introducing themselves

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19. During a circuit training workout that alternates between upper and lower body exercises, what should be the optimal rest period between each exercise?

- A. 45 seconds
- B. 60 seconds
- C. Little to no rest
- D. 30 seconds

20. When discussing the principles of Muscular Endurance Training, all of the following are considered key components except:

- A. High repetitions
- B. Low to moderate weights
- C. Short rest intervals
- D. Plyometric Training



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21. Before progressing to advanced upper body plyometric exercises, clients should first demonstrate competence in which movement assessment?

- A. Push-up hold in a straight-arm plank position for 60 seconds
- B. Push-up hold in a plank position for 60 seconds
- C. Push-up hold in a half-plank position for 30 seconds
- D. Push-up hold in a full plank position for 30 seconds

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22. A strength training program designed for a marathon runner that includes only five exercises performed twice a week, without any changes in intensity, duration, or volume, would violate which principle of fitness?

- A. The principle of specificity
- B. The principle of reversibility
- C. The principle of diminishing returns
- D. The principle of variability

23. When a coach inquires about an athlete's aerobic exercise routine, including the duration, frequency, intensity, and type of exercise performed, what key piece of information can the coach ascertain?

- A. Injury history
- B. Aerobic training status
- C. Nutritional habits

24. How does the body utilize the endocrine system to regulate physiological processes?

- A. Through the generation of action potentials, which are rapid electrical signals sent by neurons
- B. Through the secretion of hormones, which are chemical messengers that travel through the bloodstream to target organs and tissues
- C. Through the production of neuropeptides, which directly transmit electrical signals to target cells
- D. Through the process of osmosis, which balances the concentration of solutes within the body's cells

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25. Which two hormones are primarily responsible for regulating blood glucose levels in the human body?

- A. Thyroxine and melatonin
- B. Insulin and glucagon
- C. Adrenaline and cortisol
- D. Estrogen and progesterone

26. Which connective tissue is responsible for connecting bones to each other?

- A. Ligaments
- B. Tendons
- C. Synergists
- D. Stabilizers

27. Which of the following adaptations primarily accounts for the rapid improvement in strength during the initial weeks of resistance training?

- A. Neural adaptations
- B. Increased muscle hypertrophy
- C. Greater oxygen uptake

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28. Which of the following is not a potential consequence of excessive vitamin D intake?

- A. Nausea
- B. Kidney stones
- C. Liver damage
- D. Hypercalcemia

29. What is the minimum daily intake of protein needed to prevent muscle catabolism in sedentary adults?

- A. 1.0 grams per kilogram of body weight
- B. 0.5 grams per kilogram of body weight
- C. 0.8 grams per kilogram of body weight

30. Which of the following scenarios could be considered a breach of client privacy?

- A. A trainer discloses a client's medical conditions to other gym members without permission
- B. A trainer shares workout tips with a client during a session
- C. A client asks a trainer for nutrition advice
- D. A gym member witnesses another client's workout routine



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Answer Key & Explanations

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1. A — Shoulders over the bar

Answer: Shoulders over the bar Shoulders over the bar is correct because this position allows for optimal leverage and force application when lifting the weight. The bar should stay close to the body for safety and efficiency. Shoulders behind the bar is incorrect because it can cause strain on the lower back and limit the force production needed for the lift. Bar too far away from the shins is incorrect because this increases the moment arm, making the lift less efficient and more likely to cause injury.

2. C — Knee

Knee is correct because this is the joint at which the movement predominantly occurs during the seated leg press exercise. The knee joint is the primary axis of rotation as the legs extend and flex during the motion, working primarily the quadriceps, hamstrings, and glutes. Hip is incorrect because it is not the primary axis in this movement, and shoulder is incorrect as it is not involved in the seated leg press exercise.

3. D — They create myofascial release

Answer: They create myofascial release. Foam rollers apply pressure that helps to release tension and improve blood flow, promoting muscle recovery. They should be used carefully and are particularly beneficial when targeting trigger points.

4. C — Rounding the lower back

Answer: Rounding the lower back When performing a static hamstring stretch, rounding the lower back can cause unnecessary strain and decrease the effectiveness of the stretch. The fitness professional should instruct the client to maintain a neutral spine and hinge at the hips to ensure proper technique.

5. C — Neutral spine, shoulders retracted, and hips hinged

The correct answer is: Neutral spine, shoulders retracted, and hips hinged. This position ensures that the weight is lifted safely and efficiently, reducing the risk of injury. A neutral spine helps to evenly distribute the load along the spine. Retracted shoulders maintain upper body alignment and balance, while hinging at the hips allows for proper engagement of the glutes and hamstrings. A rounded spine increases the risk of lower back injury, and relaxed shoulders do not support proper alignment during the lift. A rounded spine, shoulders relaxed, and hips in line is incorrect because this can lead to significant strain on the lower back and potentially cause injury. Neutral spine, shoulders relaxed, and hips hinged is incorrect because, while the neutral spine and hinged hips are correct, relaxed shoulders do not provide the necessary stability and alignment for a safe deadlift.

6. A — Pronated

Answer: Pronated Pronated is correct because this grip involves the knuckles pointing upwards with the palms facing downwards, which is commonly used for deadlifts to ensure a stronger grip. Supinated is incorrect because this grip involves the palms facing upwards and knuckles pointing down. Neutral is incorrect because this grip involves the palms facing each other, which is more often used in exercises like hammer curls.



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7. C — Allowing the back to round during the lift

Answer: Allowing the back to round during the lift Allowing the back to round during the lift is incorrect because maintaining a neutral spine is essential. Rounding the back can lead to injury. Proper deadlift technique involves keeping the back straight, engaging the core, and lifting with the legs and hips.

8. A — Ascending phase

Answer: Ascending phase The quadriceps muscle group primarily functions to extend the knee joint during the ascending phase of the squat. In this phase, the body moves upward from the lowered position, requiring the quadriceps to contract and straighten the legs. The descending phase involves knee flexion, where the quadriceps work eccentrically to control the movement.

9. C — They can be easily incorporated into both strength and mobility exercises

Answer: They can be easily incorporated into both strength and mobility exercises Resistance bands offer a versatile training tool that can be used to enhance strength, mobility, and stability exercises. They can be easily integrated into various workout routines, making them adaptable for different fitness levels and goals. Unlike machines or free weights, resistance bands provide a variable level of tension throughout the range of motion.

10. B — Clients with a history of joint or muscle injuries and chronic pain

Answer: Clients with a history of joint or muscle injuries and chronic pain. This is because these clients might have underlying issues that could be aggravated by high-intensity resistance training. A detailed musculoskeletal assessment can help determine the appropriate level of activity and identify any necessary modifications. Not all clients need this assessment unless they have a history of joint or muscle injuries and chronic pain. Clients with bone fractures only might miss other important considerations related to muscle or joint issues.

11. C — Carbohydrates

Answer: Carbohydrates Carbohydrates are correct because they should comprise about 45-65% of total daily caloric intake. They are the body's primary source of energy and are broken down into glucose, which provides energy for cells, tissues, and organs. Proteins are incorrect because they should comprise about 10-35% of total daily caloric intake and primarily function to build and repair tissues. Fats are incorrect because they should comprise about 20-35% of total daily caloric intake and serve as a secondary energy source as well as support various bodily functions, including hormone production and nutrient absorption.

12. A — High-impact aerobics

Answer: High-impact aerobics High-impact aerobics can place excessive strain on the knee joints, potentially exacerbating an injury. Low-impact activities such as swimming, cycling, and yoga are more suitable for a client recovering from a knee injury as they minimize stress on the knee while allowing for gentle exercise and rehabilitation.

13. B — Seven degrees

Seven degrees is correct as it is the maximum slope that ensures the client's performance does not degrade by more than ten percent compared to flat surface running. Any greater slope could lead to significant reductions in performance and improper technique during HIIT. Three degrees is the minimum recommendation for HIIT treadmill sessions, while ten degrees exceeds the maximum recommended slope.

14. B — Resistance

Answer: Resistance The General Adaptation Syndrome (GAS) model describes the body's short-term and



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long-term reactions to stress and includes three stages: alarm, resistance, and exhaustion. During the resistance stage, the body tries to counter the physiological changes that happened during the alarm stage. It is crucial to incorporate stress management techniques at this stage to prevent moving into the exhaustion stage.

15. A — Interval training

Answer: Interval training The active recovery system is a variation of interval training. It involves low-intensity activity between periods of higher-intensity exercise to promote quicker recovery and maintain an elevated heart rate.

16. D — 6-8 exercises

For individuals with an intermediate level of experience with stability ball exercises, incorporating 6-8 different exercises is ideal. This range offers a balance of variety and challenge to effectively enhance stability and overall performance. Beginners should typically start with 4-6 different exercises to build a foundation without overwhelming them. Advanced individuals can manage 8-10 exercises to push their limits and further improve their stability and strength.

17. A — The specific times at which the client eats

Answer: The specific times at which the client eats To effectively track and manage a client's dietary habits, it's crucial to document the specific times at which the client eats. This information helps in understanding their meal frequency and patterns.

18. D — By greeting the client warmly and introducing themselves

Answer: By greeting the client warmly and introducing themselves A personal trainer should prioritize creating a comfortable and welcoming environment for a new client. This begins with a friendly greeting and introduction, establishing a positive rapport and setting the tone for open communication.

19. C — Little to no rest

Answer: Little to no rest Circuit training alternates the body parts trained from exercise to exercise. Starting from upper body to lower body or vice versa allows maximal recovery to each body part, while other body parts are working. This reduces the need for rest time. Circuit training typically involves little to no rest between exercises, with a longer rest period after completing a full circuit.

20. D — Plyometric Training

Answer: Plyometric Training Muscular Endurance Training focuses on increasing the muscles' ability to sustain prolonged activity. Key components include using high repetitions, low to moderate weights, and short rest intervals. Plyometric Training, on the other hand, is designed to improve explosive power rather than endurance.

21. B — Push-up hold in a plank position for 60 seconds

Answer: Push-up hold in a plank position for 60 seconds Clients must demonstrate proficiency in foundational movement patterns to safely progress their training, especially with advanced upper body plyometrics. The intensity of these exercises demands a proper foundation to ensure clients are adequately prepared. For beginners, demonstrating a correct push-up form and a 30-second hold in a half-plank position suffices. Intermediate clients should be able to hold a full plank for 30 seconds. For advanced upper body plyometric exercises, clients must be able to maintain a push-up hold in a plank position for 60 seconds. This ensures they possess the necessary core and upper body strength to handle the added intensity.



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22. D — The principle of variability

Answer: The principle of variability If training programs don't provide any changes in any of the general parameters, clients are unlikely to make progress and will generally either plateau, suffer an overuse injury, or become burned out with regard to the program. The principle of specificity states that exercise programs should include movements that are specific to the client's goals. There is nothing in the question that indicates that the exercises aren't specific to the client's goals. The principle of reversibility can be summed up as "use it or lose it". At the very least, the program described in the question would enable the client to maintain their current fitness level. The principle of diminishing returns states that all clients have a genetic ceiling with regard to their fitness ability. This question does not indicate whether the client has reached their genetic performance limit.

23. B — Aerobic training status

Answer: Aerobic training status Aerobic training status is correct because by evaluating the specifics of an athlete's aerobic exercise routine, such as the duration, frequency, intensity, and type, a coach can determine the athlete's level of aerobic conditioning. This information is useful for tailoring training programs to match the athlete's current fitness level and to set appropriate training goals. Nutritional habits are incorrect because understanding an athlete's nutrition would require distinct questions related to diet and food intake. Injury history is incorrect because this would specifically require questions about past injuries and rehabilitation experiences.

24. B — Through the secretion of hormones, which are chemical messengers that travel through the bloodstream to target organs and tissues

Answer: Through the secretion of hormones, which are chemical messengers that travel through the bloodstream to target organs and tissues. The endocrine system consists of glands that secrete hormones directly into the bloodstream. These hormones act as chemical messengers, traveling to different parts of the body to regulate various physiological processes such as metabolism, growth, and reproduction.

25. B — Insulin and glucagon

Answer: Insulin and glucagon Insulin and glucagon work in tandem to regulate blood glucose levels. Insulin decreases blood glucose levels by facilitating the uptake of glucose into cells, while glucagon increases blood glucose levels by stimulating the liver to release stored glucose. Adrenaline and cortisol are stress-related hormones that can also influence blood glucose levels, but they are not the primary regulators. Estrogen and progesterone are involved in reproductive functions, and thyroxine and melatonin are related to metabolism and sleep regulation, respectively.

26. A — Ligaments

Answer: Ligaments Ligaments are the connective tissues that connect bones to other bones, providing stability and support to joints. They are composed of strong, fibrous collagen tissue that helps maintain the alignment of bones. Tendons, on the other hand, connect muscle to bone, allowing for force transmission during muscle contraction. Synergists are muscles that assist the prime mover in performing a joint action. Stabilizers are muscles that support a joint, preventing unwanted movement.

27. A — Neural adaptations

Answer: Neural adaptations Neural adaptations are the primary reason for the initial strength gains observed in beginners during the first few weeks of resistance training. These adaptations include improved motor unit recruitment, increased firing rate, and better coordination. Muscle hypertrophy, which is an increase in muscle size, takes longer to develop—typically several weeks to months. Greater oxygen uptake is more associated



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with aerobic conditioning rather than early resistance training adaptations.

28. C — Liver damage

Answer: Liver damage Vitamin D is essential for many body functions, but too much of it can lead to dangerous side effects. Excessive intake of vitamin D can cause hypercalcemia (elevated calcium in the blood), nausea, and kidney stones. Liver damage is not a known result of excessive vitamin D intake. It is important to follow dietary reference values for vitamins and minerals because both deficiency and excess can be harmful.

29. C — 0.8 grams per kilogram of body weight

0.8 grams per kilogram of body weight is correct because it is the generally accepted minimum amount of protein needed to prevent muscle catabolism in sedentary adults. Protein is essential for muscle repair and maintenance. 1.0 grams per kilogram of body weight is incorrect as it exceeds the minimum requirement for sedentary individuals. 0.5 grams per kilogram of body weight is incorrect because it is below the amount required to prevent muscle catabolism.

30. A — A trainer discloses a client's medical conditions to other gym members without permission

Answer: A trainer discloses a client's medical conditions to other gym members without permission Client privacy breaches involve sharing personal or sensitive information without consent. In this context, disclosing medical conditions without permission violates client confidentiality.



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