

# 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**

In a training program to develop power in an athlete, which of the following would optimize the athlete's power output?

- A. Increasing the velocity of lifting movements during strength training
- B. Increasing the load of lifting movements while decreasing velocity
- C. Decreasing the load while performing lifting movements
- D. Decreasing the rate of acceleration while approaching the end of the normal range of motion

Correct Answer: D

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**QUESTION 4**

Your 50-year-old male client has recently been diagnosed with type 2 diabetes and is unsure about how and when to exercise in order to manage his blood sugar. Which of the following recommendations would you give the client?

- A. Encourage your client to exercise at the same time each day for better control and to avoid exercising during periods of peak insulin activity.

B. Encourage your client to train with endurance activities, such as walking, swimming, and cycling, at an intensity % of cardiac reserve for long duration three days per week.

C. Recommend that he inject insulin into the primary muscle groups that will be used during exercise because the insulin will be absorbed quickly, resulting in a better blood sugar balance.

D. Explain that exercise should be curtailed if pre-exercise blood glucose is greater than 200 mg/dL or greater than 240 mg/dL with urinary ketone bodies.

Correct Answer: A

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#### QUESTION 5

During a submaximal graded exercise test on a treadmill, an ACE certified Personal Trainer measures a 15 mmHg decrease in a client's systolic blood pressure when the workload is increased. What should the trainer do?

A. Nothing this is an expected response to graded exercise.

B. Measure again at the next stage.

C. Reduce the intensity and continue the test.

D. Immediately terminate the test.

Correct Answer: A

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