

# 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 is CORRECT when performing a squat?

- A. Before the descent in a squat, activate the transverse abdominis.
- B. In the ascent, the knees should move medially toward each other.
- C. Place a block underneath the heels to maximize the exercise ROM.
- D. Maintain flexion in the low back at the end range of motion.

Correct Answer: A

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#### QUESTION 2

A new client who stands 5'5" (165 cm) tall and weighs 325 lbs (147 kg) is interested in losing weight and would like a full physiological assessment including body composition assessment. Which body composition and body size assessments will be the MOST accurate and appropriate for this client?

- A. Skinfold measurements, girth measurements, and waist-to-hip ratio
- B. Near-infrared interactance (NIR), girth measurements, and body mass index
- C. Whole-body air displacement plethysmography (ADP), girth measurements, and waist-to-hip ratio
- D. Bioelectric impedance analysis (BIA), girth measurements, and body mass index

Correct Answer: B

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#### QUESTION 3

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 4

Which is a valid reason that an ACE certified Personal Trainer would choose to use the talk test to assess a client's perceived effort during treadmill walking during the first few client sessions?

- A. The 0-10 scale to assess exercise Intensity is preferred over RPE.
- B. The talk test correlates well with measured percent V02max results.
- C. The talk test is easy to teach to the client.
- D. The talk test is more accurate than RPE.

Correct Answer: B

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#### QUESTION 5

A 35-year-old female client is in the first trimester of her pregnancy and has been given clearance to exercise by her doctor. She enjoys running but is unsure of the intensity at which she should work and how she should measure it. Which of the following is the BEST recommendation?

- A. She should exercise at a comfortable intensity and use the RPE scale rather than heart rate to monitor exercise intensity.
- B. She should exercise at a comfortable intensity and use a heart rate monitor to more accurately monitor intensity.
- C. She should exercise at an RPE of 5 on the 10-point scale and use a heart rate monitor to ensure she does not overexert.
- D. She should exercise at an RPE of 11 on the Borg scale of 20 and use a heart rate monitor to more accurately monitor exercise intensity.

Correct Answer: C

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