



ACE-PERSONAL-TRAINER^{Q&As}

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





Pass ACE Fitness ACE-PERSONAL-TRAINER Exam with 100% Guarantee

Free Download Real Questions & Answers **PDF** and **VCE** file from:

<https://www.pass4itsure.com/ace-personal-trainer.html>

100% Passing Guarantee
100% Money Back Assurance

Following Questions and Answers are all new published by ACE
Fitness Official Exam Center

-  **Instant Download** After Purchase
-  **100% Money Back** Guarantee
-  **365 Days** Free Update
-  **800,000+** Satisfied Customers



**QUESTION 1**

What advice should an ACE certified Personal Trainer give to outdoor boot camp participants in order to remain safe as the temperatures decrease and wind chills increase?

- A. Keep the head covered, choose clothing that blocks the wind and reduce fluid intake.
- B. Wear clothing made of cotton, allow for adequate ventilation of sweat, and reduce fluid intake.
- C. Wear several layers of clothing, allow for adequate ventilation of sweat, and drink plenty of water.
- D. Wear several layers of clothing, avoid synthetic materials, and drink ample amounts of warm fluids.

Correct Answer: D

QUESTION 2

Your new client tells you he has been doing a stability ball workout at home two to three days per week. While seated on the ball, which exercise below would provide the GREATEST challenge to balance?

- A. Raising one foot six inches off the floor
- B. Bringing both feet and knees together
- C. Raising both arms overhead
- D. Abducting one arm horizontally

Correct Answer: AC

QUESTION 3

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

QUESTION 4

What concept drives motivation and adherence through positive thinking, belief in self, and belief in success and mastery?



- A. Self-accountability
- B. Positive feedback
- C. Intrinsic motivation
- D. Self-efficacy

Correct Answer: D

QUESTION 5

During an initial assessment of a 47-year-old male, an ACE certified Personal Trainer collects the following information:

Total body weight: 205 lb (93 kg) Lean body weight 158 lb (72 kg) Total cholesterol: 241 mg/dL: HDL cholesterol: 32 mg/dL: LDL cholesterol: 180 mg/dL Triglycerides 145 mg/dL Estimated max VO₂: 39 mL/kg/min Resting blood pressure 135/84 mmHg Exercise blood pressure 165/80 mmHg Father had heart attack at age 64.

The client's percentage of body fat is:

- A. 20%.
- B. 23%.
- C. 26%.
- D. 47%.

Correct Answer: A

[Latest ACE-PERSONAL-TRAINER Dumps](#)

[ACE-PERSONAL-TRAINER VCE Dumps](#)

[ACE-PERSONAL-TRAINER Study Guide](#)