
PTS Canfitpro Exam Study Review Questions and Answers

100% Correct

1. Frequency each week: non-exerciser/occasional:

- a. 1-3 days**
- b. 3-5 days**
- c. 1-day**
- d. 4-6 days**
- c. 5-6 days: a. 1-3 days**

2. Frequency each week: recreational:

- a. 1-3 days**
- b. 3-5 days**
- c. 1-day**
- d. 4-6 days**
- c. 5-6 days: b. 3-5 days**

3. Frequency each week: recreational with time constraints:

- a. 1-3 days**
- b. 3-5 days**
- c. 1-day**
- d. 4-6 days**
- c. 5-6 days: c. 1-day**

4. Frequency each week: committed/athlete:

- a. 1-3 days**
- b. 3-5 days**
- c. 1-day**
- d. 4-6 days**
- c. 5-6 days: d. 4-6 days**

5. Sets and reps: non-exerciser/occasional

- a. 1-3 sets, 12-15 reps**
- b. 1-2 sets, 10-12 reps**
- c. 1 set, 10-12 reps**
- d. 3-5 sets, varied reps**
- e. 5-15 sets, varied reps**
- f. 4-6 sets, varied reps: a. 1-3 sets, 12-15 reps**

6. Frequency each week: athlete with a goal to increase muscle hypertrophy/elite athlete

- a. 1-3 days**
- b. 3-5 days**
- c. 1-day**

Canfitpro Pts Study Guide

Trivium Test Prep (Firm).

Canfitpro Pts Study Guide:

Study Guide for Foundations of Professional Personal Training Mike Bates,2008-01 Study guide in preparation for Can Fit Pro's Personal Training Specialist PTS certification program and test Each chapter in this workbook corresponds to a chapter in Can Fit Pro's Foundations of professional personal training manual [ACE Personal Trainer Study Guide 2019-2020](#)

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Ace Certified Personal Trainer Exam Prep CPT Exam Prep Team, 2016-09-22 A concise study guide that highlights the key concepts required to pass the American Council on Exercise ACE CPT Exam to become a certified personal trainer The content in this study guide is presented in an easy to read format that helps to comprehend retain the information This study guide is organized in the following four performance domains Domain I Client Interviews Assessments Domain II Program Design Implementation Domain III Program Progression Modifications Domain IV Professional Conduct Safety Risk Management Includes Key Concepts with required information needed for the exam Includes quick reference pages for helpful Resources Formulas Conversions and Acronyms Includes 50 practice questions to further enhance knowledge to have an idea of what the actual exam will look like Includes detailed practice question answers with explanations on how the answers were obtained Includes detailed descriptions of assessments the heart muscles nutrition term definitions training modalities and more

Foundations of Professional Personal Training Canadian Fitness Professionals Inc., 2022-08-24 Developed and written by canfitpro this third edition of Foundations of Professional Personal Training contains essential information for building a successful career as a personal trainer and preparing for canfitpro's Personal Training Specialist PTS certification

Certified Personal Trainer (CPT)

National Learning Corporation, 2019-02 The Admission Test Series prepares students for entrance examinations into college graduate and professional school as well as candidates for professional certification and licensure The Certified Personal

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Afaa Certified Personal Fitness

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