# ACE Personal Trainer Exam Questions with accurate answers, Rated A. 2022/2023

Static Stretching - ✓ ✓ Most common stretching technique

-Extending the targeted muscle group to its max point and holding it for 30 sec or more.

2 Forms:

-Active- Added force is applied by the individual

-Passive- Added force is applied by an external force

Dynamic Stretching -  $\sqrt{\sqrt{}}$ -Continuous movement patterns that mimic the exercise or sport to be performed.

-Purpose is to improve flexibility for a given sport or activity

Ballistic Stretching - √√-Used for athletic drills

-Repeated bouncing movement to stretch targeted muscle group.

-Triggers stretch reflex and may increase risk for injury

-Safe if done from low to high-velocity and followed by static stretching

Active Isolated Stretching (AIS) - 
- Held only 2 seconds at a time.

-Several sets with specific # of reps and gradually increase resistance by a few degrees each rep

Myofascial Release - ✓ ✓ - Uses a foam roller (or something similar)

 Relieves tension and improves flexibility in the FASCIA (system of connective tissues that covers the whole body) and underlying muscle.
 Small continuous back-and-forth movements

-Over an area of 2-6 in, for 30-60 sec

-Amount of pressure is determined by client's pain tolerance

# **Ace Personal Trainer Test Answers**

**Tpb Publishing** 

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