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Practice tests are usually one of the last things students do to determine whether or not they are ready to take and pass the NASM-CPT exam. This free NASM practice test will provide you with insight into whether or not you are really ready to take the personal trainer certification exam and will also reveal if you need to spend more time on specific topics.

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The NASM CPT exam tests candidates on topics such as: Nutrition, applied science, exercise techniques, fitness assessment, training techniques, program design, basic business skills, and customer relations. The NASM CPT test has a total of 120 questions (20 non-scored).

NASM - Official Site

Get a personal trainer certification from NASM. Top rated trainer certification programs, study guides, exam prep, and advanced credentials

Personal Trainer Certification Exam | NASM PREPARATION FOR THE EXAM

Candidate Handbook. The Certification Candidate Handbook is a comprehensive overview of the NASM-CPT certification program and is required reading before taking the exam.