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## **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

**PT Brinkman**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the PT Brinkman text.

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