
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

AN Whitehead



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