

# **Fitness GYM Interview Questions And Answers Guide.**



**Global Guideline.**

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## Fitness GYM Job Interview Preparation Guide.

### Question # 1

Can you explain how Do You Keep Your Fitness Knowledge Up To Date?

#### Answer:-

I browse the net for new and upcoming products or exercise techniques in the market. I try read as much as possible but most the knowledge comes from chatting to other trainers.

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### Question # 2

Explain me what Education Have You Acquired In The Art Of Sales?

#### Answer:-

I worked at Bath and Body Works for almost two years, so I got retail experience. While working there my managers would help us to become better sales associates. We would set goals each day and aim to accomplish them, such as selling a certain number of products or add ones at the counter, etc.

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### Question # 3

How Do You Draw The Line When Pushing Your Client To The Limits During A Workout in Fitness GYM?

#### Answer:-

I always watch my client and see how much they could do. I always start them off on a slower pace and increase the workouts as they become stronger and more comfortable. I watch for signs such as breathing, red face, possibility of fainting, etc.

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### Question # 4

Three Essential Exercises You Would Have Any Client Do? Why Are They In Your Top Three in Fitness GYM?

#### Answer:-

The first one would be the plank as it works the core, lower back, glutes, thighs and hamstrings. The second one would be squats as it works the whole upper leg and finally the third one would be tricep curls as they will help get rid of any bingo wings.

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### Question # 5

Tell me what is absolute strength?

#### Answer:-

The highest amount of force that a muscle can exert in one move; or put another way, the maximum amount of weight that a person can lift in one repetition.

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### Question # 6

Explain me what is barbell?

#### Answer:-

Bar with weights on either end. Can be adjustable or fixed. Commonly used in upper body exercises such as bench press or military press, or in compound exercises such as squats or deadlifts.

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### Question # 7

What is bodyweight exercises?

#### Answer:-

Exercises which help to build strength and muscle through pushing or pulling bodyweight, such as push-ups, pull-ups, planking or tricep dips.



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### **Question # 8**

What is burpees?

#### **Answer:-**

Exercise which helps to improve both strength and cardio. It begins in the crouching position, then the participant pushes their legs back and performs a press-up, before coming back to the crouching position and performing a vertical jump.

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### **Question # 9**

What are carbohydrates?

#### **Answer:-**

A nutrient found in food, which provides the body with glucose, which the body then converts into energy.

Carbohydrates are an important part of a healthy diet. However, it is important to get them from healthy sources as much as possible. Examples of healthy carbs are wholegrains and vegetables. Less healthy sources are products containing added or refined sugar, or processed foods.

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### **Question # 10**

What is chest press?

#### **Answer:-**

Upright version of a bench press, performed on a pulley or plate machine. Works the chest muscles.

Adjust your seat so the handles are at shoulder height, then place your hands on the handles and push forwards to perform a rep.

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### **Question # 11**

What is crunch?

#### **Answer:-**

Abdominal muscle exercise, similar to a sit-up, where the participant lies down and raises their head and upper back off the floor and towards their midsection.

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### **Question # 12**

Tell me what Do You Do For A Job in Fitness GYM?

#### **Answer:-**

I'm a personal trainer and a fitness instructor so I'm basically paid to be the giant pain in the ass who gets people out of bed and exercising every day.

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### **Question # 13**

Please tell me how Will You Find New Clients?

#### **Answer:-**

Once again, a sales question. The employer probably won't want to hear that you're going to wait for new clients to simply walk in the door. Talk instead about how you use social media, blogs, conferences and networking events, and business cards or promotional materials to bring in your own clients.

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### **Question # 14**

Have You Ever Helped Train A Friend? How Did That Work Out in Fitness GYM?

#### **Answer:-**

I did help a lot of friends to train well if you have a look at almost all my high school friends everyone is ripped or big or even competing in bodybuilding shows because they were inspired by me..I was always there for all my friends either with a fitness program or being there trainer.

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### **Question # 15**

Tell us how Important Is Nutrition To You? Will You Strongly Suggest Your Clients Follow A Better Diet To Improve Their Fitness Goals in Fitness GYM?

#### **Answer:-**

Nutrition is massively important as it is the key to recovery from fitness and increasing fitness. Yes I would suggest a better diet as if a client wants to lose weight they will need to eat less fatty foods and and carbs where as a body builder will need to increase their carbs and protein in their diet. Diets will vary on what the client wants to achieve.

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### **Question # 16**

Tell me examples Of How You Might Collaborate With Other Teachers In The School?

#### **Answer:-**

PE should never be taught in isolation! I like to talk to classroom teachers to find out what their students are interested in, which students especially need a chance to



take on leadership roles or get energy out, and what they are studying in class. I can teach sports and games from different periods in history to go along with a social studies curriculum, and I can incorporate counting, measurement and other math concepts into my instruction. I start by listening to what other teachers hope to get out of our collaborative relationship, and I move on from there.

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### **Question # 17**

What is AB-AB routine?

#### **Answer:-**

Sometimes used by trainers to describe a workout involves cycling between two different exercises for two sets, before moving onto another two different exercises and doing the same.

For instance, as part of a workout routine person might perform:

\* 1 set of leg raises (A)

\* 1 set of crunches (B)

\* 1 set of leg raises (A)

\* 1 set of crunches (B)

before moving on to do another group of two exercises.

When employed in weight lifting, alternating between different exercises might be referred to as 'super-setting'.

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### **Question # 18**

What is cross-trainer?

#### **Answer:-**

Or elliptical trainer. This cardio machine causes the user to apply the same movement principles of running, but without the same impact on the joints. The handrails work the upper body, while the foot-holders work the lower body.

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### **Question # 19**

What is calf muscles?

#### **Answer:-**

Muscles situated at the back of the lower leg (known also as triceps surae, comprising the gastrocnemius and soleus muscles).

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### **Question # 20**

What is abs?

#### **Answer:-**

Abdominal muscles, which form part of the core. When well-defined, these muscles are referred to as a 'six-pack'. Ab workouts typically involve sit-ups, various different types of crunches, and planking.

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### **Question # 21**

What Qualifications Make You The Best Person For The Job in Fitness GYM?

#### **Answer:-**

Once again, the research you did into the company will be a big help here. Identify a few of the key qualifications, skills or personality traits the employer is looking for, and mention any of them that you possess.

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### **Question # 22**

Tell us as You Know This Job Is About Getting Clients, Getting Referrals, And Making Sales, How Will You Perform With This Pressure?

#### **Answer:-**

Well my only goal is to make your gym reach the top... Having a good communication skill with clients will indeed increase the gym sales because explaining someone about something will do attract them.

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### **Question # 23**

Can you explain me what Do You Do To Enhance Clientele?

#### **Answer:-**

I maintain a client referral list and make cold contacts; I also promote the gym and fitness services via face book and other social media platforms.

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### **Question # 24**

Tell me is This Your Childhood Dream Or Something You Just Fell Into in Fitness GYM?

#### **Answer:-**

Actually this is my second career and neither of my jobs lived up to my childhood dream of racing car driver (it took me three attempts to pass my driving test so obviously it wasn't meant to be!).



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### **Question # 25**

Tell us how Important Do You Think That Gym Instructors Are Nowadays Especially Since There Is So Much Information Regarding Health And Fitness Available On The Internet?

#### **Answer:-**

Getting information off the Internet is one thing but actually applying it in a real time gym setting is not easy. Gym instructors help clients with the actual application of fitness programs so their importance in this setting is quite high.

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### **Question # 26**

Explain 5 Cardiovascular Exercises You Recommend To Your Clients?

#### **Answer:-**

- \* Running
- \* Swimming
- \* Jump Rope
- \* Stairs
- \* Burpees
- \* Sprints

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### **Question # 27**

Tell me what is basal metabolic rate (BMR)?

#### **Answer:-**

The number of calories the body needs to keep all organs functioning normally when at rest. It is given as a calories per day figure.

There are several factors which can affect BMR, including gender, BMI and age.

The formulae to calculate BMR is as follows:

For women:

$655.1 + (9.6 \times \text{weight in kilos}) + (1.8 \times \text{height in centimetres}) - (4.7 \times \text{age in years})$

For men:

$66.47 + (13.7 \times \text{weight in kilos}) + (5 \times \text{height in centimetres}) - (6.8 \times \text{age in years})$

So, for a man aged 30, who is 180 centimetres tall and weighs 65 kilograms, this would be:

$66.47 + (13.7 \times 65) + (5 \times 180) - (6.8 \times 30) = 1653$  calories per day.

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### **Question # 28**

What is cool down?

#### **Answer:-**

The period towards the end of a cardiovascular work out, where the level of intensity is decreased, in order to help the body adjust to normal 'resting' levels of exertion. For example, someone might perform a five-minute cool down period where they fast walk and gradually decrease their speed, following a 25-minute run. Treadmills and exercise bikes tend to have a cool down option, which helps you to drop your heart rate back to normal levels gradually and safely.

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### **Question # 29**

Do You Have Any Relevant Certifications in Fitness GYM?

#### **Answer:-**

I am an ACE and AFAA certified gym and fitness trainer.

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### **Question # 30**

Can you tell if You Could Do Any Other Job/career What Would You Choose And Why?

#### **Answer:-**

I have never forgotten my dream of driving Formula One.

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### **Question # 31**

How Do You Determine A Person's Workout Potential To Avoid Pushing Them To The Limits in Fitness GYM?

#### **Answer:-**

During the initial assessment and first few days I am usually able to judge the client's potential by observing their performance and do not push them further than that. One indication of client's threshold is that the client stops enjoying the workout after a certain time. That for me is the biggest pointer that the person has reached his or her limit.

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### **Question # 32**

What Does A Typical Working Day Involve in Fitness GYM?

**Answer:-**

There's no typical day but whatever happens I'm up early getting myself in the zone. I try to spend time with my clients, getting to know them a bit so a day can involve anything from exercising full out all day to sitting down and having a smoothie while looking at exercise plans.

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**Question # 33**

Explain what is aerobic exercise?

**Answer:-**

Another term for cardiovascular exercise, which increases breathing rate and heart rate.

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**Question # 34**

Tell me what is antagonist muscle?

**Answer:-**

Muscle which opposes agonist muscle during a movement

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**Question # 35**

What is bone density?

**Answer:-**

Indicator of bone mass and strength, measured using a DEXA scan. People over the age of 35 begin to lose bone density naturally, and this can cause bones to become more brittle and susceptible to breaks and fractures (osteoporosis). Weight bearing exercises (as well as getting enough of the right vitamins and minerals) can help to reduce the risk of osteoporosis and maintain bone density.

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**Question # 36**

Tell me what is cardio?

**Answer:-**

Term used to refer to training or exercise which develops cardiovascular conditioning, by increasing heart rate (known also as aerobic exercise) and burning calories. Running, walking, swimming and team sports such as football or netball are all examples of 'cardio'. Some forms of cardio are moderate intensity, whereas other are vigorous, or high intensity. Cardio activity is essential for heart and respiratory health. It is also thought to facilitate the release of endorphins and help mental well-being too.

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**Question # 37**

What is concentric contraction?

**Answer:-**

When a muscle bearing weight shorten and contracts during a movement (such as when the bicep shortens during the bicep curl).

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**Question # 38**

Tell us a Successful Training Session?

**Answer:-**

A successful training session is that, when you and your client attain the goal of your training, that the client satisfy the outcome of the several session you've done. that the client see the result itself.

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**Question # 39**

Tell us what Would You Do If A Client Is Injured During A Workout At The Gym?

**Answer:-**

Such situations rarely occur since I am very vigilant and guide the clients thoroughly as they use the gym equipment. However if it does happen, I am CPR certified and fully capable of providing first aid and calling an ambulance if needed.

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**Question # 40**

Tell me if Any Client Walks In And Says They Want To Start Training, What Evaluations Would You Begin Doing To Determine Their Appropriate Fitness Program?

**Answer:-**

First of all i must know if he trained before in gym i mean if he biggnar or advanced or athletic..must know the health history or have any health programs and must know the goals to come to the gym then i decides the fit program for him.

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**Question # 41**



Explain me do You Do X Style Of Training?

**Answer:-**

Some fitness centers specialize in certain types of training, such as plyometrics, Pilates or TRX, for example. If you don't already know that style of training, show that you're willing to learn. As a certified trainer, you need to complete a certain number of continuing education credits to keep your credential. So if you don't already know that style of training the employer mentioned, tell her that you're going to pursue training for it during an upcoming continuing education seminar. If you already know that style of training, tell the employer about how you've used it and what successes you've had in using it with clients.

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**Question # 42**

What is biceps?

**Answer:-**

Muscles situated on the forward portion of the upper arm. Consists of the short and long head biceps brachii. Utilised in shoulder, elbow and forearm movements. The term 't-shirt muscles' is sometimes used to refer to the biceps (along with deltoids and pectoralis muscles), as these are particularly prominent when a short sleeve t-shirt is worn.

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**Question # 43**

What is bulking?

**Answer:-**

The practice of consciously consuming more calories than your body requires as part of a weight training programme in order to help gain muscle. For bodybuilders, it is often followed by a period of 'cutting', in which someone will consume fewer calories in order to lose fat mass and increase their lean mass percentage. The term 'clean bulk' might be used to denote a calorie surplus using healthier foods (such as high quantities of lean meat or fish). The term 'dirty bulk' might be used to describe bulking which involves any and all food, whether they're healthy and nutrient rich or not.

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**Question # 44**

Explain what Workouts Do You Enjoy?

**Answer:-**

Be honest here -- but also keep in mind that the employer might be trying to understand what you're passionate about and what you'll be well-suited to do at the facility. If the employer is looking for someone to do extensive weight training workouts with clients, for example, it might be a good idea to tell him that you enjoy weight training.

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**Question # 45**

If You Saw Me At A Gym, Average Build Kind Of Guy, And You Wanted To Approach Me To Potentially Sign Me Up For Sessions, What Would You Say To Me?

**Answer:-**

First of all I will come talking to you in a friendly way like hey man wassup how are you tell me a bit about your training then I will be like what say if I train you and give you up some session to help you build your body.

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**Question # 46**

How Do You Handle X Medical Issue in Fitness GYM?

**Answer:-**

If the fitness center caters to people with special medical conditions or an aging population -- as many do -- you'll need to be well-versed in how to handle special circumstances. If you're aware of how to handle the medical condition the employer has mentioned, outline the steps you'd take to ensure the client can exercise safely, including using props or modifying the program, for example.

If you don't remember how to handle that particular situation, don't make something up. Tell the employer that you'd use your exercise science books and consult other trainers for guidance and that you'd be sure to gather all the necessary information before starting to train the client.

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**Question # 47**

Tell me what is agonist muscle?

**Answer:-**

The muscle which drives the movement in an exercise, and is met by resisting torque from the antagonist muscle. The agonist muscle contracts (gets shorter), while the antagonist lengthens and helps to regulate the movement.

For instance, during a bicep curl, the bicep muscle is an agonist, while the tricep is an antagonist.

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**Question # 48**

What is bleep test?

**Answer:-**

Known also as the beep test. Often used in sports to determine an athlete's endurance and fitness level, this involves running back and forth between two set points, according to the audio prompts given (beeps). The beeps start a certain time apart and the duration between them shortens as the test goes on, increasing the intensity required.

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### Question # 49

What is chair dips?

#### Answer:-

Bodyweight exercise performed with the help of a chair, stepper or bench. It works the tricep muscles, and is a modified version of a tricep dip. Stand with your back to a chair, place your hands flat on it close to the edge, and place your legs out in front of you. Start with your arms fully extended, and perform a rep by lowering yourself down so that your elbows reach a 90 degree angle, then raising yourself up again.

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### Question # 50

What is clean and jerk?

#### Answer:-

Following a clean, the participant raises the barbell above their head using a combined squat and military press movement and bending the knees (positioning one foot slightly to the rear behind them, and one in front of them).

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### Question # 51

Explain why Did You Decide To Become A Personal Trainer in Fitness GYM?

#### Answer:-

First of all I like to help people and I like to motivate people. And also my dad has diabetes and I would like to help people like my dad who have diabetes and struggle with their health and get them to a place of optimum health and fitness.

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### Question # 52

A Summary Of A Training Program You Would Set Up For A Client Strictly Looking For Weight-loss And Toning in Fitness GYM?

#### Answer:-

I would first sit down with the client and have a conversation with them about their goals. I would then get them to fill in relevant forms e.g. Screening, health questionnaire and fitness testing and design the program on the information I have gathered.

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### Question # 53

Tell us if You Had To Offer One Piece Of Advice To Anyone Looking To Break Into Your Industry, What Would It Be?

#### Answer:-

Just do it! Work hard, learn what you need to and just get on with it. I wish I had straight away.

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### Question # 54

What is cheat (or cheat rep)?

#### Answer:-

Term used in weight training to describe failing to keep perfect form when performing a rep, and having to use another body part to complete the rep. An example might be not keeping your back completely straight when performing a bicep curl, or pushing your hands on your legs to complete a leg press. Cheat reps might enable someone to lift a heavier weight or perform more reps than they would be able to if they weren't 'cheating'.

[Read More Answers.](#)

### Question # 55

What is circuit training (circuits)?

#### Answer:-

A series of exercises performed in a cyclical process, to develop endurance and strength. For instance, a participant may perform once set each of five different exercises (either 'total body' or focusing on one region of the body) then start again at the beginning once complete.

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### Question # 56

Can you tell us how Do You Develop Rapport With Clients?

#### Answer:-

Establishing rapport with a client is paramount to keeping them coming back. To prepare for this important question, review the fitness trainer materials you used when you obtained certification, so the basic tenets of client rapport are fresh in your mind. That includes taking time to learn the client's likes and dislikes and maintaining good communication, reminds the American Council on Exercise.

[Read More Answers.](#)

### Question # 57

What Techniques Would You Employ To Increase Your Clientele in Fitness GYM?

#### Answer:-

I would be very approachable and likeable. I would always keep a smile on my face and approach clients where I see fit and engage in conversation.





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### **Question # 58**

What is adductor muscles?

**Answer:-**

Group of muscles (adductor brevis, adductor longus, pectineus, gracilis and adductor magnus) situated in the upper thigh. Hip adductor exercises work out this group.

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### **Question # 59**

What is bicep curls?

**Answer:-**

Arm exercise which works the biceps, performed using dumbbells or a barbell. The weight is raised and lowered, bending at the arm and keeping the back straight.

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### **Question # 60**

What is chest fly?

**Answer:-**

Chest exercise performed on a bench, but can also be performed on a cable machine sitting upright.

Take one dumbbell in each hand, and extend your arms out to the sides. Perform a rep by lifting the weights up in each hand so they meet in the middle, keeping your arms straight, and slowly lowering back down to your sides.

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### **Question # 61**

What is box fit?

**Answer:-**

Type of exercise based on the principles of boxing training, but not necessarily involving sparring or physical contact.

During a class, participants will throw punches and perform other boxing moves, and this helps to improve cardiovascular conditioning.

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### **Question # 62**

Explain what is anaerobic exercise?

**Answer:-**

Activity which involves short bursts of high intensity exertion, causing the body to demand more oxygen than it can take in. Examples include sprinting or lifting heavy weights.

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### **Question # 63**

Can you tell us what Nutrition Education Have You Received?

**Answer:-**

As part of my PT training I was required to go on a nutrition workshop, which taught the usefulness of macro-nutrients rather than focusing solely on caloric content.

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### **Question # 64**

What's Your Sales Record Like in Fitness GYM?

**Answer:-**

Gym and fitness center owners are often concerned with making sales and keeping clients coming back to continue making gym fees -- so they'll naturally be concerned about your sales skills and your ability to retain clients. To answer this question, talk about the methods you use to get clients excited about training, and how you work to keep them motivated.

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### **Question # 65**

What is bench press?

**Answer:-**

Upper body exercise which performed lying back on a bench, and pushing a weight up using a barbell or dumbbells. Employing a wide grip on a barbell works the chest muscles, while employing a narrower grip works the triceps. A variation on this when using a cable machine is the chest press.

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### **Question # 66**

What are calories?

**Answer:-**

Used as a unitary measure of energy. A 'small calorie' is the energy required to raise the temperature of one gram of water by a degree celsius.

A 'kilogram calorie' (kcal) is the unit the term 'calorie' generally refers to. This is equivalent to 1,000 small calories.



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### **Question # 67**

What is anterior chain?

**Answer:-**

Muscles situated on the front of the legs and torso (including the quadricep, abdominal and pectoral muscles).

[Read More Answers.](#)

### **Question # 68**

Can you explain me about Your Qualifications As A Gym Instructor?

**Answer:-**

I am an expert in designing and implementing personalized exercise and diet programs based on the clients' goals and targets. I also have profound ability to recruit and retain clients, provide fitness equipment handling instructions and assess clients on regular basis. I am an expert in directing rehabilitation exercises following a sports or other injury.

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### **Question # 69**

What is active rest?

**Answer:-**

When employed within a workout, this is when a person continues to move during a 'rest' period between exercises or sets (for example jogging on the spot). It can also refer to when a lower intensity workout is used on a rest day in between higher intensity workouts (to help their body recover from high intensity activity).

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### **Question # 70**

What is calisthenics?

**Answer:-**

Exercises which rely on utilising bodyweight, with no added equipment, to aid strength and cardio. Examples include push ups, pull ups, planking, squats and calf raises (with no dumbbell or barbell).

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### **Question # 71**

What Do You Like About Your Job in Fitness GYM?

**Answer:-**

Getting to meet new and interesting people and helping them to change their lives. Some of my clients are now friends and some have lost - and kept off - an incredible amount of weight. As everyone's getting bigger and less fit, it's important we all stay aware of our own bodies.

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### **Question # 72**

Why Should We Hire You Over Someone Else in Fitness GYM?

**Answer:-**

Because I know that I can deliver more that they probably can, I also have the knowledge and experience to do it, I know that I have a lot to learn and and I am willing to undergo training to be more qualified for this position.

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### **Question # 73**

What Do You Dislike About Your Job in Fitness GYM?

**Answer:-**

I'm only human - some days I just want to chill out with a pizza in front of a movie but I have to get up and run with a client in a wintry field. Not good.

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### **Question # 74**

What are aerobics?

**Answer:-**

Rhythmic exercises (typically performed to music in a class) which improve strength, cardio and mobility conditioning, and usually involve minimal equipment. Classes might generally last for 20-45 minutes (or longer in some cases). Examples include step aerobics (with a stepper) or aqua aerobics (performed in a pool).

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### **Question # 75**

What is bootcamp?

**Answer:-**

Type of exercise session led by a fitness instructor, which usually involves a series of intense exercises focusing on strength training, fat loss and cardiovascular conditioning.



A combination of aerobic, body weight and weight lifting activities might be utilised, and participants may be organised into competing teams (to promote a teamwork spirit).

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### **Question # 76**

What is back-cycling?

**Answer:-**

Term sometimes used in weight training to describe when someone reduces their workout load by either decreasing the number of sets or repetitions they perform, or lowers the amount of weight they lift.

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### **Question # 77**

What is calf press?

**Answer:-**

Weight bearing exercise often performed on a pulley or plate-loaded machine and helps to build calf strength. The participant lifts the weight by bending at the ankle.

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### **Question # 78**

Can you tell us are You Proficient In The Latest Fitness Equipment?

**Answer:-**

Like everything else in technology, fitness accessories and exercises change all the time. Personal trainers always stay current with the latest developments and products, which you can demonstrate by mentioning recent developments in the area.

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### **Question # 79**

Tell me what Makes You A Good Personal Trainer?

**Answer:-**

Personal trainers combine sports and health expertise with the ability to analyze a person's potential, and they arrange programs for optimal results. They have charisma and developed communication skills; part of their job is to explain and motivate clients. They beam health, fitness, and joy of physical exercise.

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### **Question # 80**

What is chin up?

**Answer:-**

Similar to a pull-up, this involves placing your hands facing towards you on a mounted bar and lifting your body up so that your chin is above the bar. Works the deltoids and bicep muscles.

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### **Question # 81**

How Do You Keep An Aerobics Group Motivated Throughout The Exercise in Fitness GYM?

**Answer:-**

I would use good music, keep enthusiastic, make the class enjoyable by keeping it fresh and challenging the clients.

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### **Question # 82**

Tell me what is baseline activity?

**Answer:-**

Light actions performed during everyday life which don't burn a lot of calories, such as standing or walking slowly.

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### **Question # 83**

What Happens If A Client Injures Him Or Herself During Training in Fitness GYM?

**Answer:-**

Responsible trainers know CPR (certified training), have first aid ready, and a quick means to call an ambulance.

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### **Question # 84**

Tell us what is bridge?

**Answer:-**

Glute and core exercise, which involves lying on one's back, positioning the feet underneath the posterior and raising the back off the floor.

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**Question # 85**

What is calf raise?

**Answer:-**

Standing exercise which can be performed with or without a dumbbell or barbell, sometimes with the aid of a stepper. The participant lifts a weight by raising themselves at the ankle, helping to build calf strength.

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# **Fashion Designing and Modeling Most Popular Interview Topics.**

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- 3 : [Beauty Parlour Frequently Asked Interview Questions and Answers Guide.](#)
- 4 : [Hair Stylist Frequently Asked Interview Questions and Answers Guide.](#)
- 5 : [Fitness Trainer Frequently Asked Interview Questions and Answers Guide.](#)
- 6 : [Female Beauticians Frequently Asked Interview Questions and Answers Guide.](#)
- 7 : [Nail Technician Frequently Asked Interview Questions and Answers Guide.](#)
- 8 : [Beautician Frequently Asked Interview Questions and Answers Guide.](#)
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- 10 : [Body Builder Frequently Asked Interview Questions and Answers Guide.](#)

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