COREPOWER C1 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. Which shoulder cue is emphasized in this sequence?

A. Relax your shoulders down your back

B. Tense your neck and jaw

C. Elevate the shoulders toward the ears

D. Press the shoulder blades forward

2. Which cue activates the inner thighs in Triangle Pose?

A. Squeeze your inner thighs together

B. Relax your inner thighs

C. Engage glutes only

D. Tense calves

3. Which cues are given for Exhale - Downward Facing Dog?

A. Spread your fingers wide and press into your palms

B. Engage your abdominals

C. Press your heels closer to the mat

D. Breathe here

4. In Bow Pose, after lifting chest and kicking feet into hands, what is next?

A. Hold your breath

B. Roll onto the soft part of your belly. Breathe here.

C. Stand up

D. Release feet

5. In Inhale - Warrior II, how should the back heel be positioned?

A. Keep back heel lifted

B. Rotate the back heel down to your mat so your foot is parallel to the short edge of your mat

C. Point the back toes forward

D. Turn both feet 90 degrees

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6. During the High to Low Plank demonstration, which option is suggested for building back strength?

A. Lower all the way down for cobra.

B. Lower to knees.

C. Skip the transition.

D. Hold high plank.

7. Utkatasana is commonly called which pose?

A. Chair Pose

B. Warrior II

C. Mountain Pose

D. Tree Pose

8. During High to Low Plank, how should the feet be positioned?

A. Feet together.

B. Feet hip-width distance apart.

C. Feet wide apart.

D. Feet crossed.

9. Inhale after both twists, what is the action?

A. Curl into a tight ball

B. Inhale Bring your knees back to center

C. Extend your legs long

D. Exhale release all air

10. What exhale instruction follows the inhale to Chair Pose?

A. Bring your hands to heart center

B. Lift your hips high

C. Extend the arms forward

D. Step the feet apart

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Answers

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1. A
2. A
3. A
4. B
5. B
6. A
7. A
8. B
9. B
10. A

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Explanations

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1. Which shoulder cue is emphasized in this sequence?

A. Relax your shoulders down your back

B. Tense your neck and jaw

C. Elevate the shoulders toward the ears

D. Press the shoulder blades forward

Focusing on relaxing the shoulders down your back keeps the shoulder girdle in a neutral, supported position, which helps the spine lengthen and the breath stay unrestricted through the sequence. When the shoulders are drawn down and away from the ears, the chest opens naturally and the neck stays tall, reducing tension and risk of strain. If you tense the neck and jaw, or lift the shoulders toward the ears, or push the blades forward, you create unnecessary tightness, crowd the airway, and collapse the upper back, which makes movements less stable and less comfortable. So the best cue is to relax the shoulders down your back to maintain calm, aligned shoulders throughout the practice.

2. Which cue activates the inner thighs in Triangle Pose?

A. Squeeze your inner thighs together

B. Relax your inner thighs

C. Engage glutes only

D. Tense calves

In Triangle Pose, the cue to activate the inner thighs works because squeezing the inner thighs together engages the adductor muscles that run along the inside of the legs. This action stabilizes the pelvis and helps the knee track open and in line with the toes, which keeps your spine long and your weight balanced between both feet as you reach the arms out and down. When the inner thighs are actively drawn toward one another, it creates a solid base, reduces the tendency for the front knee to collapse inward, and supports the hips' alignment as you lengthen through the torso. Relaxing the inner thighs removes that stable contact and can make the pose feel wobbly or misaligned. Merely engaging the glutes doesn't strongly involve the inner thigh muscles, so the pelvis may not be as stable for Triangle. Tensing the calves focuses on the lower legs and doesn't address the inner-thigh engagement needed for proper alignment and support. So the cue to squeeze the inner thighs together is the most effective for activating the muscles that stabilize this pose.

3. Which cues are given for Exhale - Downward Facing Dog?

A. Spread your fingers wide and press into your palms

B. Engage your abdominals

C. Press your heels closer to the mat

D. Breathe here

On the exhale into Downward Facing Dog, the most effective cue is to spread your fingers wide and press into your palms. This action grounds the hands, distributes weight across the entire palm, and helps lift the hips while lengthening the spine. It creates a stable, supportive base so the shoulders can rotate away from the ears and the chest can open without collapsing into the wrists. Engaging the abdominals is helpful for overall control, but it doesn't shape the exhale into this pose as directly as grounding through the hands does. Pressing the heels toward the mat is a useful alignment goal, but it's not the primary exhale cue here. Breathing is important, yet the specific cue that drives the exhale into proper alignment is grounding through the hands by spreading the fingers and pressing into the palms.

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4. In Bow Pose, after lifting chest and kicking feet into hands, what is next?

A. Hold your breath

B. Roll onto the soft part of your belly. Breathe here.

C. Stand up

D. Release feet

In Bow Pose, after you lift your chest and kick your feet into your hands, the next step is to roll onto the soft part of your belly and breathe there. Resting on the abdomen distributes your weight more safely and supports the backbend, helping you avoid pinching the lower back or over-arching the spine. Breathing here keeps the body relaxed and the spine lengthened, which helps you maintain the bend with control. It also prevents tensing the neck or jaw as you stay lifted. Releasing the feet or standing up would derail the pose at this stage, and holding your breath would create tension, so rolling onto the belly and breathing steadily is the smooth, safe transition into the next phase of the pose.

5. In Inhale - Warrior II, how should the back heel be positioned?

A. Keep back heel lifted

B. Rotate the back heel down to your mat so your foot is parallel to the short edge of your mat

C. Point the back toes forward

D. Turn both feet 90 degrees

Grounding through the back foot creates the stable base needed for Warrior II. In this pose, the front foot points forward while the back foot is turned out 90 degrees and the heel is pressed down to the mat. Lowering the back heel and aligning the foot so it's parallel to the mat's short edge anchors the back leg, helps keep the hips open to the side, and ensures the knee stays over the ankle. This grounding also supports a tall, expanded chest and prevents the back knee from collapsing inward.

6. During the High to Low Plank demonstration, which option is suggested for building back strength?

A. Lower all the way down for cobra.

B. Lower to knees.

C. Skip the transition.

D. Hold high plank.

Lowering all the way down for cobra trains the back through the full range of motion in the transition, which is essential for building back strength. When you descend to the floor and then move into cobra, the back muscles — including the spinal extensors and shoulder blades stabilizers — are actively engaged to lift the chest and control the movement. This continuous, full-range engagement strengthens the posterior chain and supports better posture and spinal support. If you drop to the knees, skip the transition, or hold high plank, the back isn't challenged through the complete movement. Dropping to the knees reduces resistance, skipping the transition eliminates the strengthening benefit of moving from a low plank into cobra, and holding high plank focuses more on shoulders and core stability than on strengthening the back through the full range.

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7. Utkatasana is commonly called which pose?

A. Chair Pose

B. Warrior II

C. Mountain Pose

D. Tree Pose

Utkatasana, often called Chair Pose, gets its name from the way the body mirrors sitting in an invisible chair. In this pose you bend the knees and hips while reaching the arms up, weight sinking toward the heels, and the chest and spine stay tall. That chair-like silhouette is the giveaway you're looking for, which is why this is the common label for Utkatasana. This contrasts with Warrior II, which uses a wide lunge with arms extended out to the sides and gaze over the front hand; Mountain Pose is a neutral, tall standing posture with feet together and weight even; Tree Pose is a balance pose with one foot placed on the inner thigh and hands often in prayer or reaching up. So the distinct chair-like alignment—knees bent, hips lowered, arms reaching upward—identifies Chair Pose as the correct name for Utkatasana.

8. During High to Low Plank, how should the feet be positioned?

A. Feet together.

B. Feet hip-width distance apart.

C. Feet wide apart.

D. Feet crossed.

In High to Low Plank, the feet form a stable base that helps you maintain a straight line from head to heels as you transition to the lower position. Placing the feet about hip-width apart provides that stability and makes it easier to evenly distribute your weight between your hands and feet while you hinge the elbows and lower you toward the mat. This placement also helps keep the pelvis level and the core engaged, so the lower back doesn't sag and the shoulders stay stacked over the wrists. If the feet are too close together, the base becomes narrow and the hips can wobble or dip, making the transition less controlled. If the feet are too wide, the stance becomes unstable and harder to balance during the shift. Crossing the feet disrupts alignment and can strain the knees or ankles. So, hip-width apart is the most stable, efficient option for this move.

9. Inhale after both twists, what is the action?

A. Curl into a tight ball

B. Inhale Bring your knees back to center

C. Extend your legs long

D. Exhale release all air

Breath guides the transition. After finishing each twist, you inhale to bring the knees back toward the center. This inhale lengthens the spine and re-centers the torso, setting you up for the next movement. Curling into a tight ball is a compressive action that would come with a different breath cue, not the re-centering step. Extending the legs long changes the position you're in and isn't the immediate action after a twist. Exhaling to release all air doesn't align with the instruction to re-center with an inhale.

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10. What exhale instruction follows the inhale to Chair Pose?

A. Bring your hands to heart center

B. Lift your hips high

C. Extend the arms forward

D. Step the feet apart

When you move into Chair Pose, the inhale sets you up by lengthening the spine and engaging the torso, preparing you for the squat-like balance. On the next exhale, bringing the hands to heart center serves as a centering cue that stabilizes the upper body, tightens the core, and anchors your breath. This helps you maintain balance in the squat and sets you up smoothly for the next transition or movement. Other options would change how the body is aligned in that moment: lifting the hips high shifts the weight and stance, extending the arms forward is a different arm position for chair, and stepping the feet apart is a larger transition rather than the immediate exhale cue after reaching chair pose.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://corepowerc1.examzify.com

We wish you the very best on your exam journey. You've got this!

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