

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.

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!

Questions

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- 1. In Gorilla Pose, which action is described to deepen the stretch on the exhale?**
 - A. Use the strength of your arms to deepen your stretch.
 - B. Hinge at your hips and fold forward.
 - C. Shovel your palms underneath your feet to tickle your wrist creases.
 - D. Allow your head and neck to hang heavy.
- 2. In Supta Baddha Konasana, where are the hands placed?**
 - A. Both hands resting on the mat by the sides
 - B. Palms on knees
 - C. Hands on the soles of the feet
 - D. One hand to your heart and the other on your belly
- 3. During the Exhale Release following Cobra Pose, which ear rests on the mat and which direction do you look?**
 - A. Place your left ear on the mat and look to the right
 - B. Place your right ear on the mat and look to the left
 - C. Relax your hands down by your sides
 - D. Look straight ahead
- 4. Which pose is described by 'Roll on to the outside edge of your right foot and stack your feet'?**
 - A. Downward Dog
 - B. Side Plank
 - C. High Plank
 - D. Chaturanga Dandasana
- 5. In the left Tree Pose, what is the alignment cue for the tailbone and spine?**
 - A. Point your tailbone down and lengthen the crown of your head up to the sky growing taller.
 - B. Lift your tailbone high and arch your back.
 - C. Push your chest forward toward the knee.
 - D. Keep tailbone neutral with no length in the spine.

- 6. In Upward Facing Dog, after opening the chest, what should you do with your arms?**
- A. Bend your arms.
 - B. Arms relaxed.
 - C. Hands on hips.
 - D. Straighten your arms.
- 7. For Sun A sets 2 and 3, what is the flow of breath relative to movement?**
- A. One breath per movement.
 - B. Two breaths per pose.
 - C. Hold each pose for five breaths.
 - D. Breathe only on exhale.
- 8. In the Hip Opener Series transition, which leg is raised on the inhale?**
- A. Both
 - B. Right
 - C. Left
 - D. None
- 9. What action is described after grabbing the foot in Dancer's Pose?**
- A. Drag Your Foot Back
 - B. Release Quickly
 - C. Slight Twist Hips
 - D. Kick Your Foot Into Your Palm
- 10. For the left-side supine twist, which action is performed on the inhale before twisting?**
- A. Exhale twist
 - B. Look left
 - C. Hug your left knee to your left shoulder
 - D. Press shoulders into ground

Answers

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

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Explanations

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1. In Gorilla Pose, which action is described to deepen the stretch on the exhale?

- A. Use the strength of your arms to deepen your stretch.**
- B. Hinge at your hips and fold forward.
- C. Shovel your palms underneath your feet to tickle your wrist creases.
- D. Allow your head and neck to hang heavy.

In Gorilla Pose, deepening the stretch on the exhale comes from actively using the arms to create leverage. Pressing into the hands and engaging the arms helps you draw the upper body closer to the legs as you breathe out, which lengthens the spine and increases the stretch without forcing the lower back. This breath-led engagement allows a controlled, safer depth. Hinging at the hips is part of setting up the fold but doesn't specify how to deepen on the exhale. Letting the head hang heavy is more about relaxation and release, not increasing depth. Shoveling the palms under the feet is a wrist-position cue, not the action that deepens the stretch with breath.

2. In Supta Baddha Konasana, where are the hands placed?

- A. Both hands resting on the mat by the sides
- B. Palms on knees
- C. Hands on the soles of the feet
- D. One hand to your heart and the other on your belly**

In Supta Baddha Konasana, the hands are placed with one on the heart and the other on the belly. This setup invites you to feel the breath in both the chest and the abdomen, promoting diaphragmatic breathing and a calm, connected state. As you lie back with the hips open and the knees relaxed, this heart-to-belly contact anchors awareness, supporting a gentle, restorative rhythm. It helps you notice the rise and fall of breath, which smooths tension and cultivates a soothing, grounding effect. Other placements can feel more passive or don't provide the same direct breath feedback, so this hand position is especially effective for nurturing mindful breathing in this pose.

3. During the Exhale Release following Cobra Pose, which ear rests on the mat and which direction do you look?

- A. Place your left ear on the mat and look to the right**
- B. Place your right ear on the mat and look to the left
- C. Relax your hands down by your sides
- D. Look straight ahead

As you exhale and release from Cobra, let the neck soften and rotate gently to one side, with the ear on the ground resting on the mat. In this approach, the left ear stays on the mat while you look to the right. This creates a safe, mild cervical twist: the right side of the neck lengthens as you glance to the right, while the left side remains supported by the mat to prevent strain. Keep the shoulders softened away from the ears, jaw relaxed, and breathe steadily. This neck-release cue helps unwind tension without forcing the head into an awkward position, unlike looking straight ahead or keeping the hands and arms in a fixed position.

4. Which pose is described by 'Roll on to the outside edge of your right foot and stack your feet'?

- A. Downward Dog
- B. Side Plank**
- C. High Plank
- D. Chaturanga Dandasana

The idea being tested is lateral core stability and proper alignment in a side-lying, loaded position. When you roll onto the outside edge of the right foot and stack the feet, you create a single-sided base that supports the body in a straight line from head to heels. This setup engages the obliques and hip stabilizers to prevent the hips from sagging and to keep the torso lifted, while the shoulder stays stacked over the supporting forearm or hand for shoulder stability. It's a side plank variant focused on balance, strength, and alignment, rather than forward-leaning or compression movements. Why this fits better than the others: Downward Dog involves a broad weight distribution with hips lifted and both hands and feet on the ground, not a stacked, side-supported line. High Plank is a front-facing position with both feet on the ground and a straight, full-body line from shoulders to heels, not rolled to the outside edge of one foot. Chaturanga Dandasana is a low push-up with elbows bending and the body lowering, which is a different movement pattern altogether.

5. In the left Tree Pose, what is the alignment cue for the tailbone and spine?

- A. Point your tailbone down and lengthen the crown of your head up to the sky growing taller.**
- B. Lift your tailbone high and arch your back.
- C. Push your chest forward toward the knee.
- D. Keep tailbone neutral with no length in the spine.

In this pose the cue for the tailbone and spine is to point the tailbone down and lengthen through the crown of the head to grow taller. This combination stabilizes the pelvis and creates an elongated, stacked spine, which helps you balance on one leg without compressing the lower back. If the tailbone lifts and the back arches, the lower spine compresses and balance becomes harder. Pushing the chest forward toward the knee shifts focus away from vertical length and can throw off alignment. Keeping the tailbone neutral with no length leaves the spine under-lengthened and makes the pose less stable.

6. In Upward Facing Dog, after opening the chest, what should you do with your arms?

- A. Bend your arms.
- B. Arms relaxed.
- C. Hands on hips.
- D. Straighten your arms.**

The arms should stay straight to support a long, open chest and a safe, extended spine. In Upward Facing Dog, you actively press through the palms, rotate the shoulders outward, and lift the chest while the thighs hover off the floor. Keeping the arms straight helps you maintain that vertical line from wrists to shoulders, distribute effort evenly, and prevent the lower back from compressing or collapsing. Bending the arms, relaxing them, or placing hands on the hips would soften the line, reduce chest openness, and compromise alignment, making it harder to lift the chest and keep the spine long. Straight arms keep you in the proper shape of the pose and allow you to engage the back and shoulder muscles effectively.

7. For Sun A sets 2 and 3, what is the flow of breath relative to movement?

- A. One breath per movement.**
- B. Two breaths per pose.
- C. Hold each pose for five breaths.
- D. Breathe only on exhale.

One breath per movement is the way Sun A flows in sets 2 and 3. In this style, each transition from one pose to the next is tied to a single inhale or exhale, creating a steady, continuous rhythm through the sequence. You typically inhale as you lengthen or rise into a pose, then exhale as you fold or lower into the next position. This keeps the practice moving smoothly, builds heat, and supports safe, intentional alignment. For example, you might inhale to lift and reach, exhale to fold, inhale to lift halfway, exhale to step or lower into the next pose, and so on. Breathing once per movement contrasts with holding poses for several breaths, taking multiple breaths in a single pose, or breathing only on the exhale, all of which would disrupt the flow and tempo of the vinyasa sequence.

8. In the Hip Opener Series transition, which leg is raised on the inhale?

- A. Both
- B. Right**
- C. Left
- D. None

Breath drives the movement in this transition: you inhale to lengthen the spine and lift the leg, setting up space for the next hip-opening action. In this sequence, lifting the right leg on the inhale creates the alignment and momentum needed to rotate and open the hips with control while keeping the torso and pelvis stable. Keeping the spine long and the core engaged as you lift protects the lower back and helps you balance as the leg comes up. The choreography is set so the right leg leads this transition, distributing weight evenly and preparing the hip for the next pose. On the exhale, you guide the leg into the next position with the flow of the breath, maintaining smooth, intentional movement through the hips.

9. What action is described after grabbing the foot in Dancer's Pose?

- A. Drag Your Foot Back
- B. Release Quickly
- C. Slight Twist Hips
- D. Kick Your Foot Into Your Palm**

In Dancer's Pose, after you grab the foot behind you, you keep the balance by kicking the foot into your palm. This motion anchors the grip and initiates the backbend, helping you lift the chest, open the heart, and extend the line from the lifted foot through the torso. The standing leg stays strong and the core engages to stabilize as you reach the opposite arm forward or up, and your gaze stays forward to maintain balance. Dragging the foot back would loosen the grip and disrupt the balance, releasing quickly would collapse the pose, and a slight hip twist isn't the action that drives the full expression. The act of kicking the foot into the hand is what creates the leg-extension and backbend that defines this pose.

10. For the left-side supine twist, which action is performed on the inhale before twisting?

- A. Exhale twist
- B. Look left
- C. Hug your left knee to your left shoulder**
- D. Press shoulders into ground

In this pose, the inhale is used to set up the twist by drawing the left knee toward the left shoulder. This preparatory action lengthens and stabilizes the spine, helps align the pelvis, and engages the core so the twist happens with the ribs turning rather than forcing the lower back. It creates space and prepares the body for the rotation that follows. Then, on the exhale, you twist to the left while keeping the opposite shoulder grounded for stability. The other cues—like pressing the shoulders into the ground or where you look—are about grounding and guiding the movement, not the inhale setup.

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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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