

Sample PMP Exam Questions

Q1-) Which of the following is NOT true for a project?

- A-) Projects are constrained by limited resources
- B-) Projects are planned, executed, and controlled
- C-) Projects create a unique product or service
- D-) Projects are ongoing and repetitive**

A project is a temporary endeavor undertaken to create a unique product, service, or result. The temporary nature of projects indicates a definite beginning and ending.

*Reference: PMBOK Guide Fifth Edition, Page 3, Knowledge Area: N/A
(Introduction)*

Sample Pmp Exam Questions 4th Edition

Aileen Ellis



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web put your arms in front of your body with elbows slightly bent pull theraband outwards across your chest hold for 3 seconds slowly return to starting position repeat 10 times shoulder flexion sit or stand with theraband held at hip or waist height point your thumb toward the ceiling

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shoulders chest and upper back general instructions complete all exercises while seated in a chair with

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web triceps help with transfers pressure reliefs and locking the elbow basic home exercise equipment theraband tie a knot in the end of the band and shut the knotted end in a door this allows you to adjust the height for different exercises choose a resistance that you can do for 2 sets of 15 reps if it s too easy

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web keep your upper arms at your side bend from your elbows to pull your lower arms up toward your head 3 repeat times
page 4 for exercises 5 and 6 tie a theraband to the head of the bedframe 5 elbow extension 1 bend your elbow and grasp the band 2 straighten your elbow and stretch the band down toward the foot

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