

3. OPT Training stages:

- 1: Stabilization
- 2: Strength
- 3: power

NASM_Opt

Training phases:

- 1: Stabilization end
- 2: strength end
- 3: hypertrophy
- 4: max strength
- 5: power

Phases that have cardiorespiratory:

All Three parts of

Blood function continued:

- 3: Transport hormones
- 4: Carries heat
- 5: Regulates temp
- 6: clotting protects
- 7: fights disease in

Sickness

ATP-PC:

- 1: 10-15 sec
- 2: Fastest
- 3: No-O
- 4: Short
- 5: High intensity

Glycolytic:

Sciatal head

Hip flexor complex
Bicep femoris (short)
Pronation/distortion

weak muscles:

- Anterior tibials
- Posterior tibials
- Vastus medialis
- Gluteus medius/Maximus
- Hip external rotators

Lower crossed tight muscles:

- Gastrocnemius
- Soleus

OHS Knees move in weak muscles:

- Gluteus Medius/Maximus
- Vastus Medialis oblique

OHS LPHC leans forward tight muscles:

- Soleus
- Gastrocnemius
- Hip flexor complex
- Abdominal complex

OHS LPHC leans forward weak

Corrective (SMR and static stretching)

Active (SMR and active isolated stretching)

Functional (SMR and dynamic stretching)

Recommended exercise for adults:

150 minutes of moderate intensity or 75 minutes of vigorous aerobic exercise.

Cardiovascular

2-Resistance development

3-Exhaustion

5 resistance training adaptations:

- 1: stabilization
- 2: muscular endurance
- 3: Muscle hypertrophy
- 4: Strength
- 5: Power

Resistance training systems:

- Single set
- Multiple set

Power:

- Reps: 1-10
- Sets: 3-6
- Intensity: 35% to 45%

Tempo: fast
Rest: 3-5 min

Exercise tools:

- Free weights
- Machines
- Cable machines
- Elastic bands
- Medicine balls
- Kettle bells
- Body weight

Nasm Cpt Printable Study Guide

Jenny Schaefer



Nasm Cpt Printable Study Guide:

NASM CPT Study Guide! Certified Personal Trainer Exam Prep Practice Questions for the National Academy of Sports Medicine Jenny Schaefer,2021-04-30 If you want to pass the NASM Exam but don't have a lot of time for studying keep reading You are no doubt a busy professional with a lot of things going on It can be challenging to find the time to read and study for the NASM CPT Exam However the truth is that the NASM exam is a challenging exam It is normal to have some anxiety about taking this test Thorough preparation cannot be overlooked That is why the author Jenny Schaefer developed the NASM CPT Study Guide This Edition is a PRACTICE QUESTIONS EDITION It comes in text format so that you can bring it anywhere Its sections include Introduction Basic and Applied Sciences and Nutritional Concepts Assessment Program Design Exercise Techniques and Training Instruction Professional Development and Responsibility Client Relations and Behavioral Coaching Randomized Practice Questions and Answers MUCH MUCH MORE Each section is divided into subsections making sure all aspects of the exam are covered If you read our study guide in addition to pursuing other study methods we are confident you will pass the NASM CPT Exam

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Medicine or NASM CPT exam can provide the certification you need to succeed in your career. With its comprehensive and practical approaches to ensure safe but effective training, a NASM certificate can provide the knowledge and competence you need to safely guide and train your clients to achieve their fitness goals. However, due to its varying and often challenging topics, approximately only 74% of exam takers pass the NASM CPT exam. But don't let numbers stop you from trying your best. With the right study guide and strategies to maximize preparation time, anyone can pass the NASM CPT exam and start their career. And if you're looking for a comprehensive but simple approach to understanding the various topics included in the exam, searching for strategies and techniques to overcome test anxiety and other challenges from preparing to taking the exam, ready to take the next step to jumpstart your career as a certified NASM personal trainer, then you're in the right place. Grab a pen and don't forget to take notes as you discover how to physically and mentally prepare yourself for the exam with the ACE Method. An in-depth discussion on basic and applied sciences and nutritional concepts you will find in the NASM CPT exam. The importance of understanding the psychology of exercise and strategies to coach your clients using behavioral approaches. Why conducting assessments can help you create an effective and successful exercise program for your potential clients. How to use the OPT model and design a program for clients with various fitness levels. The importance of incorporating different types of training concepts to help your clients achieve their fitness goals. A possible future of a personal trainer and how to succeed in your profession while adhering to NASM's standards. Four unique and full-length NASM CPT practice tests complete with answer key and explanations. And so much more. Preparing for an exam, especially one that can dictate the future of your career, can be overwhelming. With this all-in-one study guide, you will find everything you need to prepare and ace the NASM CPT exam, from study materials to practice exams and proven strategies to overcome obstacles and challenges as you take a closer step toward your dream career. Don't let this ultimate study companion slip away. If you're ready to ace the NASM CPT Exam and start your personal trainer career, then you need this book today.

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read format that helps to comprehend retain the information This study guide is organized in the following six performance domains Domain 1 Basic and Applied Sciences and Nutritional Concepts 17% Domain 2 Assessment 18% Domain 3 Program Design 21% Domain 4 Exercise Technique and Training Instruction 22% Domain 5 Client Relations and Behavioral Coaching 12% Domain 6 Professional Development and Responsibility 10% Includes quick reference pages for Areas of Focus Formulas Conversions that are required for exam Includes 50 practice questions to further enhance knowledge and to have an idea of what the actual test will look like Includes detailed practice question answers with explanations on how the answers were obtained Includes detailed descriptions of Assessments Nervous Muscular Skeletal Systems Nutrition Term definitions Training Modalities more [NASM CPT Study Guide](#) ,2023 Complete review 480 test questions and detailed answer explanations for the Certified Personal Trainer exam 4 full length exams cover **Nasm CPT Study Guide 2025-2026 - 3 Full-Length Practice Tests, Nasm Personal Trainer Certification Exam Secrets Book** Matthew Bowling,2024-11-13 Mometrix Test Preparation s NASM CPT Study Guide NASM Personal Trainer Certification Exam Secrets Book is the ideal prep solution for anyone who wants to pass their National Academy of Sports Medicine Board of Certification Examination The exam is extremely challenging and thorough test preparation is essential for success Our study guide includes 3 practice tests available in online interactive format All 3 of these printed in the guide Tips and strategies to help you get your best test performance A complete review of all NASM test sections NASM R is a registered trademark of the National Academy of Sports Medicine who does not endorse nor is affiliated in any way with the owner of or any content in this product The Mometrix guide is filled with the critical information you will need in order to do well on your NASM exam the concepts procedures principles and vocabulary that the National Academy of Sports Medicine Board of Certification NASM BOC expects you to have mastered before sitting for your exam Test sections include Basic and Applied Sciences and Nutritional Concepts Client Relations and Behavioral Coaching Assessment Program Design Exercise Technique and Training Instruction Professional Development and Responsibility and much more Our guide is full of specific and detailed information that will be key to passing your exam Concepts and principles aren t simply named or described in passing but are explained in detail The Mometrix NASM study guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it Because it s written with an eye for both technical accuracy and accessibility you will not have to worry about getting lost in dense academic language Any test prep guide is only as good as its practice questions and answer explanations and that s another area where our guide stands out The Mometrix test prep team has provided plenty of NASM practice test questions to prepare you for what to expect on the actual exam Each answer is explained in depth in order to make the principles and reasoning behind it crystal clear All 3 practice tests are available to take in online interactive format allowing you to immediately score your test and see what you got wrong We ve also printed all 3 practice tests in your guide for offline reference We ve helped hundreds of thousands of people pass standardized tests and achieve their education and

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