

NASM CPT Cheatsheet

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:

Iliotibial band

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 LPFC leans forward tight muscles:
Soleus
Gastrocnemius
Hip flexor complex
Abdominal complex
OHS LPFC 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

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Terry C. Jones



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Population Risk Factors Objective Assessment The Program Design and Implementation section covers OPT Model Flexibility Training Cardiorespiratory Training Core Stabilization Training Balance Training Reactive Training SAQ Training Integrated Resistance Training The Client Relations and Behavioral Coaching section covers Stages of Change Model Client Goal Setting Customer Service Acquiring Clients The Professional Development and Responsibility section covers Code of Ethics Emergency Aid 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 We've helped hundreds of thousands of people pass standardized tests and achieve their education and career goals We've done this by setting high standards for Mometrix Test Preparation guides and our NASM CPT Study Guide 2023 2024 NASM Personal Trainer Certification Exam Secrets Book is no exception It's an excellent investment in your future Get the NASM review you need to be successful on your exam *NASM CPT Study Guide 2023-2024* Mometrix Personal Trainer Certification Test Team, 2023 [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 [The NASM National Academy of Sports Medicine Certified Personal Trainer Exam Study Guide](#) Scientia Media Group, Jason Rush, 2021-07-10 Do you have a passion for fitness and a burning desire to help others Certified personal trainers are needed more than ever but before you can become one there's the matter of the licensing Before you can share your wealth of knowledge and passion for fitness to help others you have to become certified The National Academy of Sports Medicine CPT exam is the strictest of the certifications you can achieve but it will also prepare you for just about any experience you face On this exam you will be tested on several competencies to ensure that you understand how the human body works how to assess your clients and how to help them to the best of your ability As you study from this book you will be provided with vital information that will help you prepare In this book you will be guided through how to study for this exam from the anatomical systems to nutrition and biomechanics You'll discover how to assess your clients and design the best programs for them no matter their current health or fitness status You'll be given guidance through several different exercises how to build the client relations Finally you will be guided through understanding the professional development necessary and your own responsibilities to maintain an ethical approach to treating and training clients As you read you will also be presented with several questions designed to test you on the most important information By going through this study guide you boost your

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try to report their exact words we usually give a summary for example direct speech exact words mary oh dear we ve been

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