
NASM Stretching and Flexibility Certification | Complete Study Guide Latest 2024

Any movement that is largely composed of most shoulder and arm movements toward the body's midline or chest will _____ the SBAN and DBAN

- Correct Answer - Mobilize/stretch

List the different Power Nets

- Correct Answer - The front and back nets, two lateral power nets, one on each side of the body, and a deep power net that connects posture with power

Explain the function of the Power Nets

- Correct Answer - The Power nets are engaged in more sport-type movements, such as running, kicking, catching, and throwing rather than maintaining static postures. Movements that involve opposite arms and legs with forces running on a spiral at a diagonal through the body are the focus of the Power nets

The Front Power Net is composed of which muscles/fascia?

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