

# CORRECTIVE EXERCISE CONTINUUM

## INHIBIT

Inhibit tension in areas identified as being overactive or shortened through assessments.

### Self-myofascial Release Techniques:

- Reduce muscular tension
- Relieve muscle soreness
- Improve circulation

## LENGTHEN

Lengthen the muscles with static stretching or neuromuscular stretching techniques.

### Stretching Techniques:

- Reduce stiffness
- Increase range of motion
- Improve posture

## ACTIVATE

Activate the muscles identified as underactive or weak.

### Strengthening Techniques:

- Activate individual muscles
- Improve muscular endurance
- Increase strength

## INTEGRATE

Integrate uses dynamic total body exercises that are progressed to solidify and coordinate the changes made.

### Integrated Strength Techniques:

- Improve total-body coordination
- Improve movement patterns
- Enhance performance

# Nasm Corrective Exercise Study Guide

**Michael Rajnik**



## **Nasm Corrective Exercise Study Guide:**

Study Guide to Accompany NASM's Essentials of Corrective Exercise Training, 2011 Study Guide to Accompany NASM's Essentials of Corrective Exercise Training Brian Sutton, 2011 This study guide will help you evaluate your knowledge and review your strengths and weaknesses so you can be sure you're at your peak as you help your clients prepare for competition or make a change toward a more healthy lifestyle NASM CPT Study Guide CORNELL BUFFET, Become a NASM Certified Personal Trainer Faster Smarter and With Total Confidence Passing the NASM CPT exam doesn't have to feel overwhelming With this complete study companion you get a streamlined easy to understand and highly effective roadmap to mastering every domain of the exam and becoming the fitness professional you're meant to be This all in one guide breaks down complex topics into simple memorable explanations delivering 23 power packed chapters 800 practice questions and detailed answer explanations designed to transform your knowledge sharpen your skills and eliminate test anxiety Whether you're just starting your fitness career or leveling up your expertise this book gives you everything you need to pass your exam on the first try Your Success Starts Here Whether you're a first time test taker or retesting with renewed determination this book equips you with the tools strategy and confidence needed to walk into the exam prepared and walk out a certified NASM CPT Start studying smarter today and become the trainer clients trust A Practical Guide to the Self-Management of Musculoskeletal Pain in Dental Professionals James Tang, 2018-09-30 Dental professionals spend their working lives in stressful environments and in awkward postures with resultant musculoskeletal problems While there are numerous books on musculoskeletal pain there is nothing specific for dental professionals on the holistic approach to the self management of musculoskeletal conditions This book is a practical guide it combines all the different modalities in a logical and systematic programme firstly by recognising the possible causes of your predicament and secondly by effectively managing it to prevent recurrence NASM Essentials of Corrective Exercise Training Nasm National Academy of Sports Medicine, 2021-01-13 This text is a recommended resource for the NASM Corrective Exercise Specialist CES course NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury There are more than 100 corrective exercise techniques in the categories of assessment self myofascial techniques static stretching neuromuscular stretching dynamic stretching isolated strength training and integrated dynamic movements included in the text Study Guide to Accompany Nasm Essentials of Personal Fitness Training, Third Edition National Academy of Sports Medicine, 2007-05-11 Designed to accompany the new Third Edition of the National Academy of Sports Medicine's NASM Essentials of Personal Fitness Training this study guide is suitable for coursework and for students preparing for the NASM Certified Personal Trainer certification exam It includes matching vocabulary short answer and multiple choice exercises Answers are also provided NASM Study Guide Nasm

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