

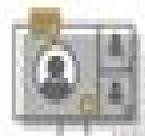
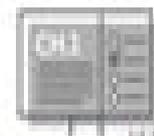


PART 4

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2-3 Hours reviewing book & taking notes	1-2 hours watching relevant videos	Take practice quizzes & work on flashcards	Spend time applying in the gym w/ others
WEEKLY TIME COMMITMENT: BASED ON TIMELINE			
Have a certain time frame in mind for completing the NASM program! Based on the average student's level of knowledge here are some estimated weekly time commitments needed to truly learn the material & pass the exam.			
 6 Weeks	 10 Weeks	 16 Weeks	

Nasm Cpt 4th Edition Textbook

Jenny Schaefer



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NASM Essentials of Personal Fitness Training, 2008 Developed by the National Academy of Sports Medicine NASM this book is designed to help people prepare for the NASM Certified Personal Trainer CPT Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training OPT model The OPT model presents NASM's protocols for building stabilization strength and power More than 600 full color illustrations and photographs demonstrate concepts and techniques Exercise color coding maps each exercise movement to a specific phase on the OPT model Exercise boxes demonstrate core exercises and detail the necessary preparation and movement Other features include research notes memory joggers safety tips and review questions

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Conclusion Each section is divided into subsections making sure all aspects of the exam are covered If you listen to or read

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