

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

Jenny Schaefer



Nasm Corrective Exercise Study Guide:

Uncover the mysteries within Explore with is enigmatic creation, Embark on a Mystery with **Nasm Corrective Exercise Study Guide** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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