

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:

Sciatal head

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

Nasm Cpt Study

Siddappa N.Byrareddy



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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 chances at successfully passing the exam The NASM CPT may be the hardest of the exams but with this study guide you ll have the information to pass in the palm of your hands

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