

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

**Nasm National Academy of Sports
Medicine**



Nasm Corrective Exercise Study Guide:

Study Guide to Accompany NASM's Essentials of Corrective Exercise Training, 2011 *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

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Study Guide to Accompany NASM's Essentials of Sports Performance Training Brian G. Sutton,2009-10-01 Designed to accompany NASM Essentials of Sports Performance Training this study guide is suitable for coursework and for students preparing for the NASM Performance Enhancement Specialist certification exam

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