



PART 4

NASM CPT STUDY

GUIDE

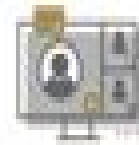


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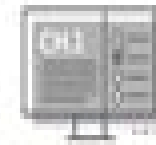
MON/TUES

2-3 Hours
reviewing book &
taking notes



WEDNESDAY

1-2 hours
watching relevant
videos



THURS/FRI

Take practice
quizzes & work
on flashcards



SATURDAY

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

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