

<p>OPT Training stages:</p> <ol style="list-style-type: none"> 1: Stabilization 2: strength 3: power <p>NASM Opt Training phases:</p> <ol style="list-style-type: none"> 1: Stabilization end 2: strength end 3: hypertrophy 4: max strength 5: power <p>Phases that have supersets:</p> <p>2 and 5</p> <p>Three parts of a neuron:</p> <ol style="list-style-type: none"> 1: Cell body 2: Axon 3: Dendrites <p>Three joint motions:</p> <ol style="list-style-type: none"> 1: Roll 2: Slide 3: Spin <p>Skeletal system functions:</p> <ol style="list-style-type: none"> 1: Shape 2: Protection 3: movement 4: blood production 5: store minerals <p>Layers of muscle:</p> <p>Epimysium Perimysium Endomysium (deepest)</p> <p>Slow twitch fibers:</p> <ol style="list-style-type: none"> 1: increased oxygen 2: smaller 3: less force 4: slow fatigue <p>Fast twitch fibers:</p> <ol style="list-style-type: none"> 1: less oxygen 2: larger 3: more force 4: fast fatigue <p>Muscle spindle:</p> <ol style="list-style-type: none"> 1: change in length 2: stretch reflex 3: Cause contraction <p>Golgi Tendon:</p> <ol style="list-style-type: none"> 1: attach to tendons 2: Change in muscle tension 3: Cause relaxation <p>Blood flow in heart:</p> <ol style="list-style-type: none"> 1: Right A (no O) 2: Right V (no-O) 3: Left A (O) 4: left V (O to body) <p>Blood vessels:</p> <ol style="list-style-type: none"> 1: Arteries 2: Arterioles 3: Capillaries 4: Venules 5: Veins <p>Blood functions:</p> <ol style="list-style-type: none"> 1: Transport O 2: Transport waste 	<p>Blood function continued:</p> <ol style="list-style-type: none"> 3: Transport hormones 4: Carries heat 5: Regulates temp 6: clotting protects leaving 7: fights disease in sickness <p>ATP-PC:</p> <ol style="list-style-type: none"> 1: 10-15 sec 2: Fastest 3: No-O 4: Short 5: High intensity <p>Glycolysis:</p> <ol style="list-style-type: none"> 1: 30-50 sec 2: Use carbs 3: medium duration <p>Oxidative systems:</p> <ol style="list-style-type: none"> 1: Oxidative 2: Slow process 3: Long duration <p>Oxidative systems:</p> <p>Aerobic glycolysis Krebs cycle Electron transport chain (ETC)</p> <p>Respiratory quotient</p> <p>RQ of $.7 = 100\%$ fat RQ of $1 = 100\%$ carbs</p> <p>Sagittal plane:</p> <p>Motion: Flexion/extension</p> <p>Axis: Coronal</p> <p>Frontal plane:</p> <p>Motion: Abduction/adduction Lateral flexion, E version/inversion</p> <p>Axis: Anterior/posterior</p> <p>Transverse plane:</p> <p>Motion: Internal/external rotation, Left/right rotation, Horizontal abduction/adduction</p> <p>Axis: Longitudinal</p> <p>Estimated HR:</p> <p>220 - age</p> <p>HR training zones:</p> <ol style="list-style-type: none"> 1: 65% to 75% 2: 76% to 85% 3: 86% to 95% <p>Which pulse?: Radial pulse</p> <p>Postural assessments (Green are almost always tight and yellow are almost always weak)</p> <p>Pronation/distortion tight muscles: Gastrocnemius Soleus Peroneals Adductors</p>	<p>Iliofibial head</p> <p>Hip flexor complex Bicep femoris (short)</p> <p>Pronation/distortion weak muscles: Anterior tibialis Posterior tibialis Vastus medialis Gluteus medius/maximus Hip external rotators</p> <p>Lower crossed tight muscles: Gastrocnemius Soleus Hip flexor complex Adductors Latissimus dorsi Erector Spinae</p> <p>Lower crossed weak muscles: Anterior tibialis Posterior tibialis Gluteus maximus Iliacus/Medius</p> <p>Lower crossed weak muscles cont</p> <p>Transverse abdomina</p> <p>Internal-oblique</p> <p>Upper Crossed tight muscles: Upper trapezius Levator scapulae Sternocleidomastoid Scalene Latissimus dorsi Teres major Subscapularis Pec major/minor</p> <p>Upper Crossed weak muscles:</p> <p>Deep cervical flexors</p> <p>Serratus Anterior Rhomboids Mid trapezius Lower trapezius Teres minor Infraspinatus</p> <p>OHS feet turn out tight muscles: Soleus Gastrocnemius</p> <p>Biceps femoris (short)</p> <p>OHS feet turn out weak muscles: Medial gastrocnemius Medial hamstring Gracilis, Sartorius, Popliteus</p> <p>OHS Knees move in Tight muscles: Adductor complex Bicep femoris (short) Tensor fasciae latae Vastus lateralis</p>	<p>OHS Knees move in weak muscles: Gluteus Medius/Maximus Vastus Medialis Oblique</p> <p>OHS LFHC leans forward tight muscles: Soleus Gastrocnemius Hip flexor complex Abdominal complex</p> <p>OHS LFHC leans forward weak muscles: Anterior tibialis Gluteus maximus Erector Spinae</p> <p>OHS low back arches tight muscles: Hip flexor complex Erector Spinae</p> <p>Transverse abdom</p> <p>OHS low back arches weak muscles: Gluteus maximus Hamstring complex Intrinsic core stabilizers</p> <p>OHS arms fall forward tight muscles: Latissimus dorsi Teres major Pec major/minor</p> <p>OHS arms fall forward weak muscles: Mid/lower traps Rhomboids Rotator cuffs</p> <p>OHS what to view:</p> <p>Anteriorly: Feet, ankles and knees</p> <p>Laterally: LFHC, , shoulder and cervical complex</p> <p>BMI for overweight/Obese: Overweight: 25.0 - 29.99 Obese: 30.0 - 34.99</p> <p>Cumulative injury cycle:</p> <ol style="list-style-type: none"> 1: tissue trauma 2: inflammation 3: muscle spasms 4: adhesions 5: Altered neuromuscular control 6: Muscle imbalance 7: repeat <p>Integrated flexibility continuum:</p>	<p>Corrective (SMR and static stretching)</p> <p>Active (SMR and active isolated stretching)</p> <p>Functional (SMR and dynamic stretching)</p> <p>Recommended exercise for adults: 150 minutes of moderate intensity or 75 minutes of vigorous aerobic exercise.</p> <p>Cardiovascular training for general health: 60% of Max O consumption.</p> <p>FITTE Principles: Frequency Intensity Time Type Enjoyment</p> <p>Local stabilization system muscles (type I slow twitch)</p> <p>Transverse of Dominis Internal oblique Lumbar multi fidus Pelvic floor muscles Diaphragm</p> <p>Best core exercise for beginner: Prone iso-ab</p> <p>Core musculature: Local stabilization system Global stabilization system Stabilization exercises:</p> <ol style="list-style-type: none"> 1: Involve no lower body/joint movement 2: Balance power include a "hop" 3: Balance strength involve bending at hip or knee <p>Proprioceptively challenging equipment:</p> <ol style="list-style-type: none"> 1: Floor 2: Balance beam 3: Half foam roll 4: Foam pad 5: Balance disk 6: Wobble board 7: Bosu ball <p>Three phases of plyometric training:</p> <ol style="list-style-type: none"> 1: Eccentric 2: amortization 3: Concentric/loading <p>Three phases general adaptation syndrome:</p> <ol style="list-style-type: none"> 1: Alarm reaction 	<p>2: Resistance development 3: Exhaustion</p> <p>Resistance training adaptations:</p> <ol style="list-style-type: none"> 1: stabilization 2: muscular endurance 3: muscle hypertrophy 4: Strength 5: Power <p>Resistance training systems: Single set Multiple set Pyramid Superset Drop set Circuit training Peripheral heart action Split routine A vertical loading Horizontal loading</p> <p>Acute variables of training: Repetition Set Training intensity Rep tempo Rest interval Training volume Training frequency Training duration Exercise selection</p> <p>ATP recovery: 20-30 sec = 50% 40 sec = 75% 60 sec = 85% 3 min = 100%</p> <p>Program design Continuum:</p> <p>Muscle endurance/stabilization:</p> <p>Reps: 12 to 20 Sets: 1-3 Intensity: 50% to 70% Tempo: slow (4/2/1) Rest: 0-90 sec</p> <p>Hypertrophy: Reps: 6 to 12 Sets: 3 to 5 Intensity: 70% to 85% Tempo: moderate (2/0/2) Rest: 0-60 sec</p> <p>Max strength: Reps: 1-5 Sets: 4-6 Intensity: 85% to 100% Tempo: fast Rest: 3 to 5 min</p> <p>Power: Reps: 1-10 Sets: 3-6 Intensity: 35% to 45% Tempo: fast Rest: 3-5 min</p>	<p>Exercise tools: Free weights Machines Cable machines Elastic bands Medicine balls Kettle bells Body weight TRX Bosuball Stability ball</p> <p>Protein intake: Sedentary = .4g/lb Strength = .5-.8g/lb Endurance = .5-.6g/lb</p> <p>Amino acids: 20 total 8 essential</p> <p>Recommended macros: Pro: 10% to 35% Cho: 45% to 65% Fat: 20% to 35%</p> <p>Macro-calories: Pro: 4 cal/gram Cho: 4 cal/gram Fat: 9 cal/gram Alcohol: 7 cal/gram</p> <p>Fluid recommendations: 6-12 oz every 15-20 min of exercise 16-24 oz / lb lost during exercise.</p> <p>Common vitamins with adverse effects when consumed in excess: Zinc Iron Vitamin D Vitamin A</p> <p>5 stages of change: Precontemplation Contemplation Preparation Action Maintenance</p> <p>Barriers to exercise: Not enough time Unrealistic goals Lack of support Social physique anxiety Convenience</p> <p>SMART goals: Specific Immeasurable Attainable Realistic Timely</p>
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Commercial-Industrial Cleaning, by Pressure-Washing, Hydro-Blasting and UHP-Jetting Wolfgang Maasberg,2012-01-04

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