

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 supersets: 2 and 5 Three parts of a neuron: 1: Cell body 2: Axon 3: Dendrites Three joint motions: 1: Roll 2: Slide 3: Spin Skeletal system functions: 1: Shape 2: Protection 3: movement 4: blood production 5: store minerals Layers of muscle: Epimysium Perimysium Endomysium (deepest) Slow twitch fibers: 1: increased oxygen 2: smaller 3: less force 4: slow fatigue Fast twitch fibers: 1: less oxygen 2: larger 3: more force 4: fast fatigue Muscle spindle: 1: change in length 2: stretch reflex 3: Cause contraction Golgi Tendon: 1: attach to tendons 2: change in muscle tension 3: Cause relaxation Blood flow in heart: 1: Right A (no O) 2: Right V (no O) 3: Left A (O) 4: left V (O to body) Blood vessels: 1: Arteries 2: Arterioles 3: Capillaries 4: Venules 5: Veins Blood functions: 1: Transport O 2: Transport waste	Blood function continued: 3: Transport hormones 4: Carries heat 5: Regulates temp 6: clotting protects leaving 7: fights disease in sickness ATP-PC: 1: 10-15 sec 2: Fastest 3: No-O 4: Short 5: High intensity Glycolysis: 1: 30-50 sec 2: Use carbs 3: medium duration Oxidative systems: 1: Oxidative 2: Slow process 3: Long duration 3 oxidative systems: Aerobic glycolysis Krebs cycle Electron-transport chain (ETC) Respiratory quotient RQ of .7 = 100% fat RQ of 1 = 100% carbs Sagittal plane: <u>Motion:</u> Flexion/extension <u>Axis:</u> Coronal Frontal plane: <u>Motion:</u> Abduction/adduction Lateral flexion, E version/inversion <u>Axis:</u> Anterior/posterior Transverse plane: <u>Motion:</u> Internal/external rotation, Left/right rotation, Horizontal abduction/adduction <u>Axis:</u> Longitudinal Estimated HR: 220 - age HR training zones: 1: 65% to 75% 2: 76% to 85% 3: 86% to 95% Which pulse? Radial pulse Postural assessments (Green are almost always tight and yellow are almost always weak) Pronation/distortion tight muscles: Gastrocnemius Soleus Peroneals Adductors	Rotational weak muscles: Hip flexor complex Bicep femoris (short) Pronation/distortion weak muscles: Anterior tibialis Posterior tibialis Vastus medialis Gluteus medius/maximus Hip external rotators Lower crossed tight muscles: Gastrocnemius Soleus Hip flexor complex Adductors Latissimus dorsi Erector Spinae Lower crossed weak muscles: Anterior tibialis Posterior tibialis Gluteus maximus Luxius Medius Lower crossed weak muscles cont <u>Transverse abdominis</u> Internal-oblique Upper Crossed tight muscles: Upper trapezius Levator scapulae Sternocleidomastoid Scalene Latissimus dorsi Teres major Subscapularis Pec major/minor Upper Crossed weak muscles: <u>Deep cervical flexors</u> Serratus-Anterior Rhomboids Mid trapezius Lower trapezius Teres minor Infraspinatus OHS feet turn out tight muscles: <u>Soleus</u> <u>Gastrocnemius</u> Biceps femoris (short) OHS feet turn out weak muscles: Medial gastrocnemius Medial hamstring Gracilis, Sartorius, Popliteus OHS Knees move in Tight muscles: <u>Adductor complex</u> Bicep femoris (short) <u>Tensor fascia latae</u> Vastus lateralis	OHS Knees move in weak muscles: <u>Gluteus Medius/Maximus</u> <u>Vastus Medialis oblique</u> <u>OHS LPHC leans forward tight muscles:</u> Soleus Gastrocnemius Hip flexor complex Abdominal complex <u>OHS LPHC leans forward weak muscles:</u> <u>Anterior tibialis</u> Gluteus maximus Erector Spinae OHS low back arches tight muscles: Hip flexor complex Erector Spinae <u>Transverse abdominis</u> OHS low back arches weak muscles: Gluteus maximus Hamstring complex Intrinsic core stabilizers OHS arms fall forward tight muscles: Latissimus dorsi Teres major Pec major/minor OHS arms fall forward weak muscles: <u>Mid/lower traps</u> <u>Rhomboids</u> Rotator cuffs OHS what to view: <u>Anteriorly:</u> Feet, ankles and knees <u>Laterally:</u> LPHC, , shoulder and cervical complex BMI for overweight/Obese: Overweight: 25.0 - 29.99 Obese: 30.0 - 34.99 Cumulative injury cycle: 1: tissue trauma 2: inflammation 3: muscle spasms 4: adhesions 5: Altered neuromuscular control 6: Muscle imbalance 7: repeat Integrated flexibility continuum:	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 training for general health: 60% of Max O consumption. FITTE Principles: Frequency Intensity Time Type Enjoyment Local stabilization system muscles (type I slow twitch) Transverse of Dominis Internal oblique Lumbar multi fidus Pelvic floor muscles Diaphragm Best core exercise for beginner: Prone iso-ab Core musculature: Local stabilization system Global stabilization system Movement system Stabilization exercises: 1: Involve no lower body/joint movement 2: Balance power include a "trap" 3: Balance strength involve bending at hip or knee Proprioceptively challenging equipment: 1: Floor 2: Balance beam 3: Half foam roll 4: Foam pad 5: Balance disk 6: Wobble board 7: Bosu ball Three phases of plyometric training: 1: Eccentric 2: amortization 3: Concentric/loading Three phases general adaptation syndrome: 1: Alarm reaction	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 Pyramid Superset Drop set Circuit training Peripheral heart action Split routine A vertical loading Horizontal loading Acute variables of training: Repetition Set Training intensity Rep tempo Rest interval Training volume Training frequency Training duration Exercise selection ATP recovery: 20-30 sec = 50% 40 sec = 75% 60 sec = 85% 3 min = 100% Program design Continuum: <u>Muscle endurance/stability on:</u> Reps: 12 to 20 Sets: 1-3 Intensity: 50% to 70% Tempo: slow (4/2/1) Rest: 0-90 sec <u>Hypertrophy:</u> Reps: 6 to 12 Sets: 3 to 5 Intensity: 70% to 85% Tempo: moderate (2/0/2) Rest: 0-60 sec <u>Max strength:</u> Reps: 1-5 Sets: 4-6 Intensity: 85% to 100% Tempo: fast Rest: 3 to 5 min <u>Power:</u> 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 TRX Bosuball Stability ball Protein intake: Sedentary = .4g/lb Strength = .5-.8g/lb Endurance = .5-.6g/lb Amino acids: 20 total 8 essential Recommended macros: Pro: 10% to 35% Cho: 45% to 65% Fat: 20% to 35% Macro calories: Pro: 4 cal/gram Cho: 4 cal/gram Fat: 9 cal/gram Alcohol: 7 cal/gram Fluid recommendations: 6-12 oz every 15-20 min Of exercise 16-24 oz / lb lost during exercise. Common vitamins with adverse effects when consumed in excess: Zinc Iron Vitamin D Vitamin A 5 stages of change: Precontemplation Contemplation Preparation Action Maintenance Barriers to exercise: Not enough time Unrealistic goals Lack of support Social physique anxiety Convenience SMART goals: Specific Immeasurable Attainable Realistic Timely
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Issa Cpt Manual

Minjie Lin



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