

# NASM CPT Cheatsheet

## 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:

## Iliotibial band

Hip flexor complex  
Bicep femoris ( short)  
**Pronation/distortion**  
**weak muscles:**  
Anterior tibials  
Posterior tibials  
Vastus medialis  
Gluteus  
medius/Maximus  
Hip external rotation  
**Lower crossed tight muscles:**  
Gastrocnemius  
Soleus

## OHS Knees move in weak muscles:

Gluteus  
Medius/Maximus  
Vastus Medialis  
oblique  
**OHS LPHC leans forward tight muscles:**  
Soleus  
Gastrocnemius  
Hip flexor complex  
Abdominal complex  
**OHS LPHC 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 Manual

**Hongru Du**



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