

NASM CPT Exam Study Resource

The NASM CPT Exam can be considered one of the most difficult Fitness Certification Exams in the industry. Completing 120 questions in 120 minutes, with only your knowledge and understanding of the material, can be a truly daunting task. When you sign up, you are given a study guide and some basic online materials and let loose. It is no wonder almost a third of people fail this exam. This guide was created to fix that.



Textbook



NASM Essentials of Personal Fitness Training 6th Edition

Important Contents:
o Code of Professional Conduct (page vii)
o 20 chapters
o Appendices A-D



Online Tools



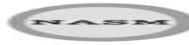
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o Module 1-16 and extras



Fitness Mentors Online Course for NASM CPT With Pass Guarantee



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Online course for NASM CPT Exam



Apps



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o Available through App Store or Google Play (Apple and Android)
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o Over a dozen apps aimed at helping you to pass NASM's CPT Exam
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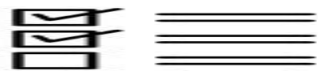


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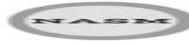


Only available through Fitness Mentors

o A real human explains the information in a simple way that you can understand and learn to apply



Practice Tests



NASM Self Study Online
o One 100-question practice test & One 120-question practice test



FitnessMentors.com
o 250 questions updated regularly on user feedback.



Apps
o 400-600 outdated test questions



Study Timeline

EM FITNESS
8 Week and 4 Week Study Timeline



Online Course for NASM CPT Exam (with Pass Guarantee)

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Shasha Hu



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