

# 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

**Ascencia**



## **Nasm Cpt Manual:**

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**NASM Essentials of Personal Fitness Training**, 2008 Developed by the National Academy of Sports Medicine NASM this book is designed to help people prepare for the NASM Certified Personal Trainer CPT Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training OPT model The OPT model presents NASM's protocols for building stabilization strength and power More than 600 full color illustrations and photographs demonstrate concepts and techniques Exercise color coding maps each exercise movement to a specific phase on the OPT model Exercise boxes demonstrate core exercises and detail the necessary preparation and movement Other features include research notes memory joggers safety tips and review questions

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*NASM CPT Study Guide 2023-2024* Mometrix Personal Trainer Certification Test Team, 2023      **NASM Study Guide** Ascencia, 2020-08-12      **NASM Certified Personal Trainer Exam Prep 2020-2021** Ascencia Personal Training Exam Prep Team, 2020-01-15      **Pilates for Children and Adolescents** Celeste Corey-Zopich, Brett Howard, Dawn-Marie Ickes, 2014-04-01

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