

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

Robert R. Redfield



Nasm Cpt Manual:

This book delves into Nasm Cpt Manual. Nasm Cpt Manual is a crucial topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Nasm Cpt Manual, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Nasm Cpt Manual
- Chapter 2: Essential Elements of Nasm Cpt Manual
- Chapter 3: Nasm Cpt Manual in Everyday Life
- Chapter 4: Nasm Cpt Manual in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Nasm Cpt Manual. This chapter will explore what Nasm Cpt Manual is, why Nasm Cpt Manual is vital, and how to effectively learn about Nasm Cpt Manual.
3. In chapter 2, the author will delve into the foundational concepts of Nasm Cpt Manual. The second chapter will elucidate the essential principles that need to be understood to grasp Nasm Cpt Manual in its entirety.
4. In chapter 3, this book will examine the practical applications of Nasm Cpt Manual in daily life. This chapter will showcase real-world examples of how Nasm Cpt Manual can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Nasm Cpt Manual in specific contexts. The fourth chapter will explore how Nasm Cpt Manual is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Nasm Cpt Manual. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Nasm Cpt Manual.

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