

NASM CERTIFIED PERSONAL TRAINER STUDY GUIDE



THE ULTIMATE GUIDE AUDIO FOR PERSONAL
TRAINER EXAM PREP TO THE NATIONAL
ACADEMY OF SPORTS MEDICINE

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NASM Exam Prep C. P. T. Test Prep Team, 2018-10-07 Being a certified personal trainer can be rewarding. You can help patients with workout and exercise routines as well as many rehabilitation procedures and functions. However, to become a CPT, you must complete the NASM CPT exam. The National Academy of Sports Medicine has established the CPT exam to confirm that people who want to enter the field are qualified to do so. This guide focuses on the six main domains of the NASM CPT exam relating to how the human body functions. This guide also includes a series of questions that you can use in your studies and your preparation for the exam. Your success on the NASM CPT exam is critical to your future in the industry. You will be capable of doing more with your work as a CPT once you have successfully completed the exam. Nasm Personal Trainer Exam Study Guide: Nasm Test Review for the National Academy of Sports Medicine Board of Certification Examination Mometrix Test Preparation, Mometrix Media LLC, Nasm Exam Secrets Test Prep Team, 2017-03-07 Includes Practice Test Questions. Secrets of the NASM Personal Trainer Exam helps you ace the National Academy of Sports Medicine Board of Certification Examination without weeks and months of endless studying. Our comprehensive Secrets of the NASM Personal Trainer Exam study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test. Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined. Secrets of the NASM Personal Trainer Exam includes The 5 Secret Keys to NASM Personal Trainer Test Success. Time is Your Greatest Enemy. Guessing is Not Guesswork. Practice Smarter, Not Harder. Prepare. Don't Procrastinate. Test Yourself. A comprehensive General Strategy review including Make Predictions, Answer the Question, Benchmark, Valid Information, Avoid Fact Traps, Milk the Question, The Trap of Familiarity, Eliminate Answers, Tough Questions, Brainstorm, Read Carefully, Face Value, Prefixes, Hedge Phrases, Switchback Words, New Information, Time Management, Contextual Clues, Don't Panic, Pace Yourself, Answer Selection, Check Your Work, Beware of Directly Quoted Answers, Slang, Extreme Statements, Answer Choice Families. A comprehensive review including NASM Personal Trainer Content, NASM Personal Trainer Testing, Cost, Exercise Terminology, BMI, Males vs Females, Respiratory Review, MET Review, Circulatory System, Course of Circulation, The Heart, Cardiovascular Conditions, Rating of Perceived Exertion Scale, Major Hormones, Nutrition Review, LDH vs HDL, Anorexia vs Bulimia, Axial Skeleton, Appendicular Skeleton, Muscular System, Contraction Types, Types of Muscle Fibers, Circuit Training, Detraining, Fluid Intake, Recommendations, Periodization, Stretching Exercises, Heart Rate, Strength and Safety Guidelines, Order of Exercises, Injury Review, Exercises and much more. *Nasm CPT Study Guide 2025-2026 - 3 Full-Length Practice Tests, Nasm Personal Trainer Certification Exam Secrets Book* Matthew Bowling, 2024-11-13 Mometrix Test Preparation's NASM CPT Study Guide: NASM Personal Trainer Certification Exam Secrets Book is the ideal prep solution for anyone who wants to pass their National Academy of Sports Medicine Board of Certification Examination. The exam is extremely challenging, and thorough test preparation is essential for success. Our study guide includes 3 practice tests available in online interactive format. All 3 of these are printed in the guide. Tips and strategies to

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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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