

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:

Sciatal head

Hip flexor complex
Bicep femoris (short)
Pronation/distortion

weak muscles:

Anterior tibials
Posterior tibials
Vastus medialis
Gluteus
medius/Maximus

Hip external rotators

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

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Table of Contents Nasm Cpt Study

1. Understanding the eBook Nasm Cpt Study
 - The Rise of Digital Reading Nasm Cpt Study
 - Advantages of eBooks Over Traditional Books
2. Identifying Nasm Cpt Study
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nasm Cpt Study
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nasm Cpt Study
 - Personalized Recommendations
 - Nasm Cpt Study User Reviews and Ratings
 - Nasm Cpt Study and Bestseller Lists
5. Accessing Nasm Cpt Study Free and Paid eBooks
 - Nasm Cpt Study Public Domain eBooks
 - Nasm Cpt Study eBook Subscription Services
 - Nasm Cpt Study Budget-Friendly Options
6. Navigating Nasm Cpt Study eBook Formats

- ePub, PDF, MOBI, and More
- Nasm Cpt Study Compatibility with Devices
- Nasm Cpt Study Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nasm Cpt Study
 - Highlighting and Note-Taking Nasm Cpt Study
 - Interactive Elements Nasm Cpt Study
- 8. Staying Engaged with Nasm Cpt Study
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nasm Cpt Study
- 9. Balancing eBooks and Physical Books Nasm Cpt Study
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nasm Cpt Study
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nasm Cpt Study
 - Setting Reading Goals Nasm Cpt Study
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nasm Cpt Study
 - Fact-Checking eBook Content of Nasm Cpt Study
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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