

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%

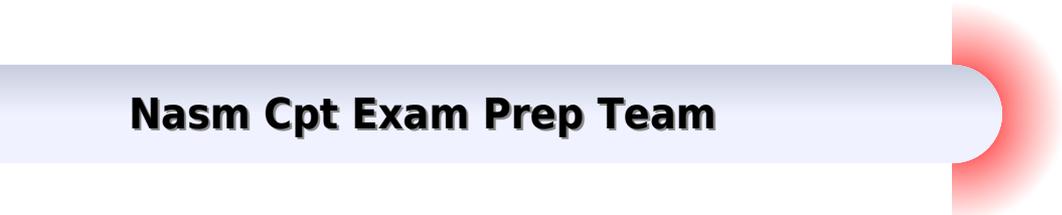
Tempo: fast
Rest: 3-5 min

Exercise tools:

Free weights
Machines
Cable machines
Elastic bands
Medicine balls
Kettle bells
Body weight

Nasm Cpt Study

Nasm Cpt Exam Prep Team



Nasm Cpt Study :

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

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

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

2. In chapter 1, the author will provide an overview of Nasm Cpt Study . This chapter will explore what Nasm Cpt Study is, why Nasm Cpt Study is vital, and how to effectively learn about Nasm Cpt Study .

3. In chapter 2, the author will delve into the foundational concepts of Nasm Cpt Study . The second chapter will elucidate the essential principles that need to be understood to grasp Nasm Cpt Study in its entirety.

4. In chapter 3, this book will examine the practical applications of Nasm Cpt Study in daily life. The third chapter will showcase real-world examples of how Nasm Cpt Study can be effectively utilized in everyday scenarios.

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