

### 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

**Puja Mehta**



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