

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

Lydia Morrison



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The Top Books of the Year Nasm Cpt Study The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have captivated audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Nasm Cpt Study : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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