

3. CPT Training stages:

- 1: Stabilization
- 2: Strength
- 3: power

NASM Opt

Training phases:

- 1: Stabilization end
- 2: strength end

ATP-PC:

- 1: 10-15 sec
- 2: Fastest
- 3: No-O
- 4: Short
- 5: High intensity

Glycolysis:

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

Glycolysis:

Sciatic nerve

Hip flexor complex

Bioep femoris (short)

Pronation/extension 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.

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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Joshua Rueda

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