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View	Checkpoint	Compensation	Probable Overactive Muscles	Probable Underactive Muscles	Example Flexibility Exercise (SMR & Static)	Example Strengthening Exercise
Anterior	Foot	Foot Turns Out	Soleus Lat. Gastrocnemius Bicep Femoris (short head) Tensor Fasciae Latae	Med. Gastrocnemius Med. Hamstrings Gluteus Medius/Maximus Graecius Popliteus	Calf Stretch Hamstring Stretch Standing TFL Stretch	Single-leg Balance Reach
	Knee	Moves Inward	Adductor Complex Bicep Femoris (short head) Tensor Fasciae Latae Vastus Lateralis Lat. Gastrocnemius	Gluteus Medius/Maximus Vastus Medialis/Octagon (VMO) Med. Hamstrings Med. Gastrocnemius	Adductor Stretch Hamstring Stretch TFL Stretch Calf Stretch	Lateral Tube Walking Ball Squat w/Adduction Ball Bridge w/Abduction
		Moves Outward	Pecteniformis Bicep Femoris Tensor Fasciae Latae Gluteus Minimus/Medius	Adductor Complex Med. Hamstrings Gluteus Maximus	Pecteniformis Stretch Hamstring Stretch TFL Stretch	Ball Squat w/Adduction Ball Bridge w/Adduction
L-P-H-C	Excessive Forward Lean		Soleus Gastrocnemius Hip Flexor Complex Abdominal Complex (rectus abdominis, external oblique)	Anterior Tibialis Gluteus Maximus (Erector Spinae)	Calf Stretch Hip Flexor Stretch Ball Abdominal Stretch	Ball Squat
	Low Back Anterior		Hip Flexor Complex Erector Spinae Latissimus Dorsi	Gluteus Maximus Hamstrings Intrinsic Core Stabilizers (transverse abdominis, multifidus, internal oblique, transversus abdominis, pelvic floor muscles)	Hip Flexor Stretch Latissimus Dorsi Stretch Erector Spinae Stretch	Ball Squat Floor Bridge Ball Bridge
	Low Back Rounds		Hamstrings Adductor Magnus Rectus Abdominus External Obliques	Gluteus Maximus Erector Spinae Intrinsic Core Stabilizers (transverse abdominis, multifidus, internal oblique, pelvic floor muscles, transversus abdominis)	Hamstring Stretch Adductor Magnus Stretch Ball Abdominal Stretch	Floor Cobra Ball Cobra Ball Back Extension
Lateral	Upper Body	Arms Fall Forward	Latissimus Dorsi Pectoralis Major/Minor Teres Major Coracobrachialis	Mid/Upper Trapezius Rhomboids Posterior Deltoid	Latissimus Dorsi Stretch Pec Stretch SMR Thoracic Spine	Floor Cobra Ball Cobra Squat to Row
		Forward Head (pushing/pulling assessment)	Levator Scapulae Semispinalis/Posterior Scalenes	Deep Cervical Flexors	Levator Scapulae Stretch Semispinalis/Posterior Scalene Stretch	Tuck chin, keeping head in neutral position during all exercises
		Shoulder External Rotation (pushing/pulling assessment)	Upper Trapezius Semispinalis/Posterior Levator Scapulae	Mid/Upper Trapezius Rhomboids Rotator Cuff	Upper Trapezius Stretch Semispinalis/Posterior Stretch Levator Scapulae Stretch	Floor Cobra Ball Cobra
Posterior	Foot	Foot Flattens	Pecteniformis Lat. Gastrocnemius Bicep Femoris (short head) Tensor Fasciae Latae	Anterior Tibialis Posterior Tibialis Med. Gastrocnemius Gluteus Medius	Pecteniformis Stretch Calf Stretch Hamstring Stretch Standing TFL Stretch	Single-leg Balance Reach Single-leg Medial Calf Raise
		Heel Raises	Soleus	Anterior Tibialis	Soleus Stretch	Single-leg Balance Reach Single-leg Squat
	L-P-H-C	Asymmetrical Weight Shift	Adductor Complex Tensor Fasciae Latae (same side) Pecteniformis Bicep Femoris Gluteus Medius (opposite side)	Gluteus Medius (opposite side) Adductor Complex (opposite side)	Adductor Stretch Tensor Fasciae Latae Stretch Pecteniformis Stretch Hamstring Stretch (opposite side)	Gluteus Medius (opposite side) Adductor Complex (opposite side)

# Nasm Study Guide

**Ascencia Personal Training Exam Prep  
Team**

## **Nasm Study Guide:**

*NASM Study Guide* Nasm Cpt Exam Prep Team,2017-05-03 NASM Study Guide NASM Personal Training Book Exam Prep for the National Academy of Sports Medicine CPT Test Developed for test takers trying to achieve a passing score on the NASM CPT Exam this comprehensive study guide includes Quick Overview Test Taking Strategies Introduction Basic and Applied Sciences and Nutritional Concepts Assessment Program Design Exercise Technique and Training Instruction Client Relations and Behavioral Coaching Professional Development and Responsibility Practice Questions Detailed Answer Explanations Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the NASM CPT Exam The practice test questions are each followed by detailed answer explanations If you miss a question it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future The answer explanations will help you to learn from your mistakes and overcome them Understanding the latest test taking strategies is essential to preparing you for what you will expect on the exam A test taker has to not only understand the material that is being covered on the test but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors Anyone planning to take the NASM CPT Exam should take advantage of the review material practice test questions and test taking strategies contained in this study guide

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Bowling,2024-11-13 Mometrix Test Preparation s NASM CPT Study Guide NASM Personal Trainer Certification Exam Secrets Book is the ideal prep solution for anyone who wants to pass their National Academy of Sports Medicine Board of Certification Examination The exam is extremely challenging and thorough test preparation is essential for success Our study guide includes 3 practice tests available in online interactive format All 3 of these printed in the guide Tips and strategies to help you get your best test performance A complete review of all NASM test sections NASM R is a registered trademark of the National Academy of Sports Medicine who does not endorse nor is affiliated in any way with the owner of or any content

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