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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

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find the time to read and study for the NASM CPT Exam However the truth is that the NASM exam is a challenging exam It is normal to have some anxiety about taking this test Thorough preparation cannot be overlooked That is why the author Jenny Schaefer developed the NASM CPT Study Guide This Edition is a PRACTICE QUESTIONS EDITION It comes in text audio format so that you can listen to it wherever life takes you It s sections include Introduction Basic and Applied Sciences and Nutritional Concepts Assessment Program Design Exercise Techniques and Training Instruction Professional Development and Responsibility Client Relations and Behavioral Coaching Randomized Practice Questions MUCH MUCH MORE

Conclusion Each section is divided into subsections making sure all aspects of the exam are covered If you listen to or read our study guide in addition to pursuing other study methods we are confident you will pass the NASM CPT Exam So go ahead and scroll up and click buy for me today [*NASM Study Guide*](#) Ascencia,2020-08-12 [NASM CPT Study Guide 2024-2025](#)

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C. P. T. Test Prep Team, 2018-10-07 Being a certified personal trainer can be rewarding You can help patients with workout and exercise routines as well as many rehabilitation procedures and functions However to become a CPT you must complete the NASM CPT exam The National Academy of Sports Medicine has established the CPT exam to confirm that people who want to enter the field are qualified to do so This guide focuses on the six main domains of the NASM CPT exam relating to how the human body functions This guide also includes a series of questions that you can use in your studies and your preparation for the exam Your success on the NASM CPT exam is critical to your future in the industry You will be capable of doing more with your work as a CPT once you have successfully completed the exam [Nasm Personal Trainer Exam Study Guide](#)

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