

## 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

## Sciatic head

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

# Nasm Cpt Printable Study Guide

**Yijin Wang**

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