

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 LPFC leans forward tight

muscles:

Soleus
Gastrocnemius
Hip flexor complex
Abdominal complex

OHS LPFC 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

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Yijin Wang



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