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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, transversospinalis)	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 (same side) Adductor Complex (opposite side)	Adductor Stretch Tensor Fasciae Latae Stretch Pecteniformis Stretch Hamstring Stretch (opposite side)	Gluteus Medius (same side) Adductor Complex (opposite side)

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M Walker

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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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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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in one study guide you will find everything you need to prepare and ace the NASM CPT exam from study materials to practice exams and proven strategies to overcome obstacles and challenges as you take a closer step toward your dream career Don t let this ultimate study companion slip away If you re ready to ace the NASM CPT Exam and start your personal trainer career then you need this book today *NASM CPT Study Guide* Joshua Rueda,2021-12-22 Test Prep Books NASM CPT Study Guide NASM Certified Personal Trainer Book and Practice Test Questions Edition Updated for the New Outline Taking the NASM CPT test Want to get a good score Written by Test Prep Books this comprehensive study guide includes Quick Overview Test Taking Strategies Introduction Study Prep Plan for the NASM Basic and Applied Sciences and Nutritional Concepts Client Relations and Behavioral Coaching Assessment Program Design Exercise Technique and Training Instruction Professional Development and Responsibility Practice Test Questions Detailed Answer Explanations Disclaimer 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 or any content of this web site Studying is hard We know We want to help You can ace your test Each part of the test has a full review This study guide covers everything likely to be on the NASM CPT exam Lots of practice test questions are included Miss one and want to know why There are detailed answer explanations to help you avoid missing the same question a second time Are you a bad test taker Use your time wisely with the latest test taking strategies Don t settle for just learning what is on the test Learn how to be successful with that knowledge Test Prep Books has drilled down the top test taking tips This will help you save time and avoid making common mistakes on test day Get your NASM CPT study guide It includes review material practice test questions and test taking strategies It has everything you need for success

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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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Table of Contents Nasm Study Guide

1. Understanding the eBook Nasm Study Guide
 - The Rise of Digital Reading Nasm Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Nasm Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nasm Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nasm Study Guide
 - Personalized Recommendations
 - Nasm Study Guide User Reviews and Ratings
 - Nasm Study Guide and Bestseller Lists
5. Accessing Nasm Study Guide Free and Paid eBooks
 - Nasm Study Guide Public Domain eBooks
 - Nasm Study Guide eBook Subscription Services

- Nasm Study Guide Budget-Friendly Options
- 6. Navigating Nasm Study Guide eBook Formats
 - ePUB, PDF, MOBI, and More
 - Nasm Study Guide Compatibility with Devices
 - Nasm Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nasm Study Guide
 - Highlighting and Note-Taking Nasm Study Guide
 - Interactive Elements Nasm Study Guide
- 8. Staying Engaged with Nasm Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nasm Study Guide
- 9. Balancing eBooks and Physical Books Nasm Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nasm Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nasm Study Guide
 - Setting Reading Goals Nasm Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nasm Study Guide
 - Fact-Checking eBook Content of Nasm Study Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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