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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) |

Nasm Study Guide

**Ascencia Personal Training Exam
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

NASM CPT Study Guide! Certified Personal Trainer Exam Prep Practice Questions for the National Academy of Sports Medicine

Jenny Schaefer,2021-04-30 If you want to pass the NASM Exam but don't have a lot of time for studying keep reading You are no doubt a busy professional with a lot of things going on It can be challenging to 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 format so that you can bring it anywhere 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 and Answers MUCH MUCH MORE Each section is divided into subsections making sure all aspects of the exam are covered If you read our study guide in addition to pursuing other study methods we are confident you will pass the NASM CPT Exam

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Nasm Personal Trainer Certification Exam Secrets Book Matthew 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 in this product The Mometrix guide is filled with the critical information you will need in order to do well on your NASM exam the concepts procedures principles and vocabulary that the National Academy of Sports Medicine Board of Certification NASM BOC expects you to have mastered before sitting for your exam Test sections include Basic and Applied Sciences and Nutritional Concepts Client Relations and Behavioral Coaching Assessment Program Design Exercise Technique and Training Instruction Professional Development and Responsibility and much more Our guide is full of specific and detailed information that will be key to

passing your exam Concepts and principles aren't simply named or described in passing but are explained in detail The Mometrix NASM study guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it Because it's written with an eye for both technical accuracy and accessibility you will not have to worry about getting lost in dense academic language Any test prep guide is only as good as its practice questions and answer explanations and that's another area where our guide stands out The Mometrix test prep team has provided plenty of NASM practice test questions to prepare you for what to expect on the actual exam Each answer is explained in depth in order to make the principles and reasoning behind it crystal clear All 3 practice tests are available to take in online interactive format allowing you to immediately score your test and see what you got wrong We've also printed all 3 practice tests in your guide for offline reference We've helped hundreds of thousands of people pass standardized tests and achieve their education and career goals We've done this by setting high standards for Mometrix Test Preparation guides and our NASM CPT Study Guide NASM Personal Trainer Certification Exam Secrets Book is no exception It's an excellent investment in your future Get the NASM review you need to be successful on your exam

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Jeremy Downs,2023-11-03 Introducing our NASM R CPT Study Guide 2024 2025 2 Practice Exams and Prep Book for the NASM Certified Personal Trainer Test 7th Edition Ascencia Test Prep's NASM CPT Study Guide 2024 2025 includes everything you need to pass the NASM CPT Exam the first time Quick review of the concepts covered on the NASM CPT Exam 2 full length practice tests with detailed answer explanations Tips and tricks from experienced certified personal trainers Access to online flash cards cheat sheets and more Ascencia Test Prep's NASM CPT Study Guide 2024 2025 is aligned with the official NASM CPT exam framework Topics covered include Exercise Science Nutrition Assessment Exercise Technique Program Design Client Relations and Coaching Safety and Risk Management Professional Development and Responsibility NASM was not involved in the creation or production of this product is not in any way affiliated with Ascencia Test Prep and does not sponsor or endorse this product About Ascencia Test Prep At Ascencia Test Prep we understand that healthcare professionals need high quality educational resources That's why our test prep materials are developed by credentialed experts with years of experience who are excited to share their knowledge with you Whether you're just starting your career or ready to climb higher we're here to help you feel ready on test day

The NASM National Academy of Sports Medicine Certified

Personal Trainer Exam Study Guide Scientia Media Group,Jason Rush,2021-07-10 Do you have a passion for fitness and a burning desire to help others Certified personal trainers are needed more than ever but before you can become one there's the matter of the licensing Before you can share your wealth of knowledge and passion for fitness to help others you have to become certified The National Academy of Sports Medicine CPT exam is the strictest of the certifications you can achieve but it will also prepare you for just about any experience you face On this exam you will be tested on several competencies to ensure that you understand how the human body works how to assess your clients and how to help them to the best of your

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