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View	Checkpoint	Compensation	Probable Overactive Muscles	Probable Underactive Muscles	Example Flexibility Exercise (Static & Static)	Example Strengthening Exercise
<b>Anterior</b>	Foot	Foot Turns Out	Soleus Lat. Gastrocnemius Bicop Femoris (short head) Tensor Fascia Latae	Med. Gastrocnemius Med. Hamstring Gluteus Medius/Maximus Gracilis Popliteus	Calf Stretch Hamstring Stretch Standing TFL Stretch	Single-leg Balance Reach
	Knee	Moves Inward	Adductor Complex Bicop Femoris (short head) Tensor Fascia Latae Vastus Lateralis Lat. Gastrocnemius	Gluteus Medius/Maximus Vastus Medialis Oblique (VMO) Med. Hamstring Med. Gastrocnemius	Adductor Stretch Hamstring Stretch TFL Stretch Calf Stretch	Lateral Tube Walking Ball Squat w/Abduction Ball Bridge w/Abduction
		Moves Outward	Perforans Biceps Femoris Tensor Fascia Latae Gluteus Minimus/Medius	Adductor Complex Med. Hamstring Gluteus Maximus	Perforans Stretch Hamstring Stretch TFL Stretch	Ball Squat w/Adduction Ball Bridge w/Adduction
<b>Lateral</b>	L-P-H-C	Excessive Forward Lean	Soleus Gastrocnemius Hip Flexor Complex Abdominal Complex (rectus abdominus, external oblique)	Anterior Tibialis Gluteus Maximus Erector Spinae	Calf Stretch Hip Flexor Stretch Ball Abdominal Stretch	Ball Squat
		Low Back Arching	Hip Flexor Complex Erector Spinae Latissimus Dorsi	Gluteus Maximus Hamstrings Intrinsic Core Stabilizers (transverse abdominis, multifidus, internal oblique, transversospinalis, pelvic floor muscles)	Hip Flexor Stretch Latissimus Dorsi Stretch Erector Spinae Stretch	Ball Squat Floor Bridge Ball Bridge
		Low Back Rounding	Hamstrings Adductor Magnus Rectus Abdominus External Oblique	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
	Upper Body	Arms Fall Forward	Latissimus Dorsi Pectoralis Major/Minor Teres Major Coracobrachialis	Mid/Lower Trapezius Rhomboids Rotator Cuff Posterior Deltoid	Latissimus Dorsi Stretch Pec Stretch SMR Thoracic Spine	Floor Cobra Ball Cobra Squat to Row
		Forward Head (pushing/pulling assessment)	Levator Scapulae Sternocleidomastoid Scoliosis	Deep Cervical Flexors	Levator Scapulae Stretch Sternocleidomastoid Stretch Scalene Stretch	Tuck chin, keeping head in neutral position during all exercises
		Shoulder Extension (pushing/pulling assessment)	Upper Trapezius Sternocleidomastoid Levator Scapulae	Mid/Lower Trapezius Rhomboids Rotator Cuff	Upper Trapezius Stretch Sternocleidomastoid Stretch Levator Scapulae Stretch	Floor Cobra Ball Cobra
	Foot	Foot Flattens	Peroneals Lat. Gastrocnemius Bicop Femoris (short head) Tensor Fascia Latae	Anterior Tibialis Posterior Tibialis Med. Gastrocnemius Gluteus Medius	Peroneal Stretch Calf Stretch Hamstring Stretch Standing TFL Stretch	Single-Leg Balance Reach Single-leg Medial Calf Raise
		Heel Rises	Soleus	Anterior Tibialis	Soleus Stretch	Single-leg Balance Reach Single-leg Squat
<b>Posterior</b>	L-P-H-C	Asymmetrical Weight Shift	Adductor Complex Tensor Fascia Latae (same side) Piriformis Bicop Femoris Gluteus Medius (opposite side)	Gluteus Medius (same side) Adductor Complex (opposite side)	Adductor Stretch (same side) Tensor Fascia Latae Stretch Piriformis Stretch Hamstring Stretch (opposite side)	Gluteus Medius (same side) Adductor Complex (opposite side)

# Nasm Study Guide

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## **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 **NASM CPT Audio Study Guide! Certified Personal Trainer Exam Prep Practice Questions for the National Academy of Sports Medicine** Jenny Schaefer, 2021-05-03 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

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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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