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NASM-CPT Study Guide

Intro to the NASM CPT Study Materials My Bitmoji counterpart will be walking you through the NASM study guide to make sure that you are on track for passing the NASM exam. Say hello to Tyler-Moji. If you are undecided on which personal trainer certification to choose, I suggest you take the quiz to find out which Cert is the best fit for you.

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NASM CPT STUDY GUIDE. STUDY. PLAY. Deconditioned. a state of lost physical fitness, which may include muscle imbalances, decreased flexibility, and a lack of core and joint stability. Muscle Imbalance. alteration of muscle length surrounding a joint. Musculoskeletal System.

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?Biomechanics: the study of the action of external and internal forces on the living body, especially on the skeletal system.

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How To Pass Nasm Chapter 1 review — SHOW UP FITNESS

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NASM does not recommend knowing any of the material from Chapter 1, but does ask about 3 questions from the chapter. Check out our Study Guide for the NASM CPT to see what you should focus on from this chapter.

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