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Athletes? NASM's

Performance
Enhancement
Specialization (NASM-
PES) is the Answer

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INTRODUCTION:

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Enhancement

Specialist home-study
course. At NASM, our
mission is to help
athletes accomplish
all of their sports
performance goals.

We aim to give Sport

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Professionals an
integrated approach
to

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The Optimum
Performance Training
Model (OPT),
developed by NASM,
breaks these phases
up into subphases

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that emphasize Of
corrective exercise,
stabilization
endurance, strength
(further broken up
into strength
endurance,
hypertrophy, and
maximal strength),
power (focusing on
high force and high
velocity with complex
training schemes,
followed by maximal

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power training for athletes who require such adaptations) 3. Performance

Sports Performance:
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Reading Notes -

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In the NASM
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™ (OPT™) model,
hypertrophy is Phase
3 and is part of the
strength level. A
hypertrophy phase
workout consists of
exercises utilizing low
to intermediate
repetition ranges with

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Progressive overload.

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training for your
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To help athletes

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Corrective Exercise

Training introduces

the health and fitness

professional to

NASM's proprietary

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Continuum, a system

of training that uses

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corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury.

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