
NASM Stretching and Flexibility Certification | Complete Study Guide Latest 2024

Any movement that is largely composed of most shoulder and arm movements toward the body's midline or chest will _____ the SBAN and DBAN

- Correct Answer - Mobilize/stretch

List the different Power Nets

- Correct Answer - The front and back nets, two lateral power nets, one on each side of the body, and a deep power net that connects posture with power

Explain the function of the Power Nets

- Correct Answer - The Power nets are engaged in more sport-type movements, such as running, kicking, catching, and throwing rather than maintaining static postures. Movements that involve opposite arms and legs with forces running on a spiral at a diagonal through the body are the focus of the Power nets

The Front Power Net is composed of which muscles/fascia?

Study Guide For Nasm Certification

Jeremy Downs

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Study Guide For Nasm Certification:

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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

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