

5 Secrets to Passing your NASM Certified Personal Trainer Exam

1. Knowing postural imbalances and understanding the Overhead Squat Assessment will prepare you for over 10 questions on the NASM Exam. Think of the 3 main Postural Distortion Patterns of Upper Crossed, Lower Crossed and Pronation Distortion Syndrome. What muscles are overactive? What muscles are underactive?
2. To do well on the exercises portion of the test, it is important to be able to correlate what exercises belong to which Stage of Training: Stabilization, Strength or Power. For example a stability ball squat belongs to which phase? Obviously any exercise with a “Stability” Ball would belong in the Stabilization Stage. There are over 8 questions directly related to knowing your exercises.
3. DONT STRESS THE MUSCLE ACTIONS! It is extremely important to know what muscles perform what joint movements for the real world, but it turns out only 2 questions come up on the test. Spend your study hours elsewhere in the book, like the muscle imbalance chart. But, know what the GASTROCNEMIUS does, winky smiley.
4. DON'T STRESS ABOUT CHAPTER 3! So much Science crammed into one chapter. But it turns out only 3.2% of the test questions use information from Chapter 2.
5. This Chart will help you with over 10 questions on the test!

	Reps	Sets	Intensity	Rest	Tempo Ecc/Iso/Con
Phase 1: Stabilization Endurance	12-20	1-3	50-70% 1RM	0-90sec	4/2/1
Phase 2: Strength Endurance	12-20	1-3	50-70% 1RM	0-90sec	4/2/1
Phase 3: Hypertrophy	6-12	3-5	75-85% 1RM	0-60sec	2/0/2
Phase 4: Maximal Strength	1-5	4-6	85-100% 1RM	3-5min	x/x/x
Phase 5: Power	1-10	3-6	10% Body weight or 30- 45% 1RM	3-5min	x/x/x

Be sure to check out our free samples of our [Audio Lectures](#), [Practice Tests](#) and [Study Guide](#) as they can make your studying much easier and fun!