

NASM CPT Exam Study Resource

The NASM CPT Exam can be considered one of the most difficult Fitness Certification Exams in the industry. Completing 120 questions in 120 minutes, with only your memory, not even a piece of scratch paper, can be a truly daunting task.

When you sign up, you're given a text book and some basic online materials and let loose. It is no wonder almost a third of people fail this exam. This guide was created to fix that.

1



Textbook



NASM Essentials of Personal Fitness Training 6th Edition

-----Important Contents:
 o Code of Professional Conduct (page vii)
 o 20 chapters
 o Appendices A-D

2



Online Tools



NASM Self Study Online
 o Module 1-16 and extras



Fitness Mentors Online Course for NASM CPT with Pass Guarantee

3



Study Guides



NASM's CPT Study Guide, Version 6



Free NASM CPT Study Guide

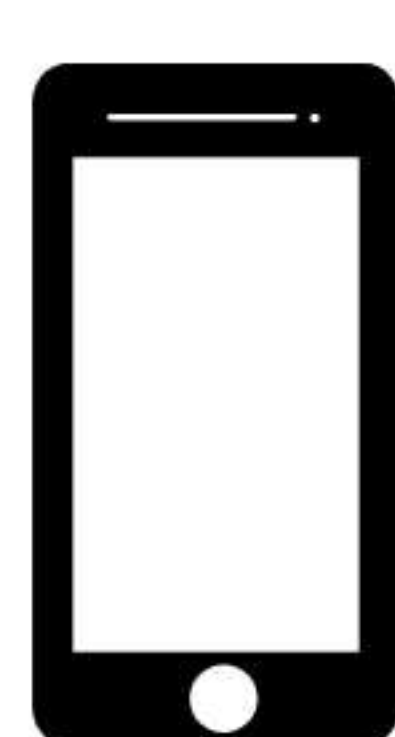


Premium NASM CPT Study Guide



Online Course for NASM CPT Exam

4



Apps



App Store



Google play

o Available through App Store or Google Play (Apple and Android) o Search "NASM"
 o Over a dozen apps aimed at helping you to pass NASM CPT Exam
 o Prices range from \$0.99 to \$20.99 and vary depending on questions

5

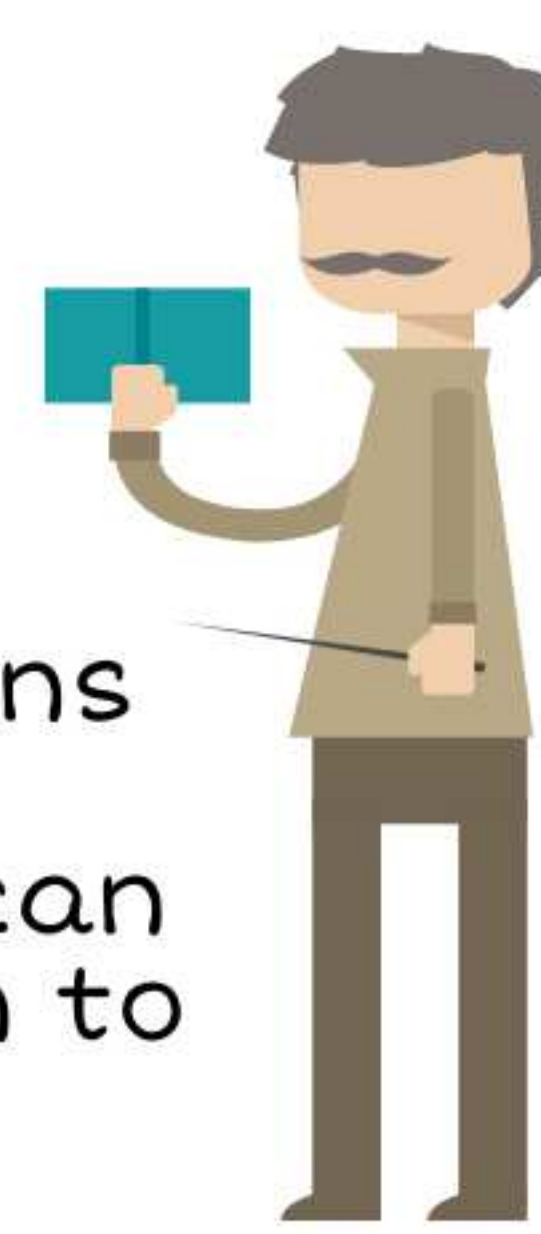


Audio Lectures



Only available through Fitness Mentors

o A real human explains the information in a simple way that you can understand and learn to apply



6



Practice Tests



NASM Self Study Online
 o One 100-question practice test & One 120-question practice test



FitnessMentors.com
 o 500 questions updated regularly on user feedback.



Apps
 o 400-600 outdated test questions

7



Study Timeline



8 Week and 4 Week Study Timeline

7



Online Course for NASM CPT Exam (with Pass Guarantee)



- Practice Tests
- Study Guide
- Audio Lectures
- PowerPoint Presentations
- PowerPoint Lectures
- Study Guide Answers
- Final Exam Review

NASM CPT Exam Study Resource
 Brought to you by:



<http://www.amazon.com/NASM-Essentials-Personal-Fitness-Training/dp/160831281X>
<http://www.nasm.org/become-a-personal-trainer>
<https://www.fitnessmentors.com/free-nasm-cpt-study-guide/>
<https://www.fitnessmentors.com/nasm-cpt-exam-study-guide/>
<https://itunes.apple.com/us/genre/ios/id36?mt=8>
<https://play.google.com/store/apps?hl=en>
<https://www.fitnessmentors.com/nasm-cpt-exam-audio-lectures/>
<https://www.fitnessmentors.com/practice-tests-for-nasm-cpt/>
<https://www.fitnessmentors.com/nasm-cpt-exam/>
<https://www.fitnessmentors.com/nasm-cpt-course/>