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UPDATED NASM CPT EXAM BLUEPRINT DOMAIN 4: Program Design TASKS 1. Design Client-specific Program, Based On Assessment Results And Client Abilities, Including: A. Flexibility Training B. Resistance Training C. Cardiorespiratory Training D. Core Training E. RBalance Training F. Reactive Training, Including Plyometrics. G. Speed Agility Quickness (SA Apr 8th, 2024 Exam CPT Exam CPT -

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NASM-CPT APPROVED REFERENCES NASM Essentials Of Personal Fitness Training, 6th Edition 2. NASM Essentials Of Personal Fitness Training, 5th Edition 3. ACSM's Resource For Personal Trainers, 4th Edition 4. ACE Personal Trainer Manual, 4th Edition 5. Trail Guide To The Body, 5th Edition (Biel) 6. The Fundamentals For The Certified Personal Trainer, 6th Edition (NFPT) 7. Feb 9th, 2024 Certified Personal Trainer (CPT) - NASM 4 Getting Certified Is Simple. Follow These Steps: 1. Read This Candidate Handbook 2. Check Your Eligibility, Including CPR/AED Certification 3. Prepare And Study 4. Register And Apr 1th, 2024 Certified Personal Trainer (CPT) - Fitness.nasm.org Purchase A Program Extension By Contacting NASM Member Services. All Fees, Including The Program Extension Fee, Are Subject To Change And You Should Reference The NASM Website To Confirm The Current Fee Structure. Please Note That If You Enrolled Through A Program Offered By A Apr 5th, 2024.

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