

## Nasm Essentials Of Sports Performance Training

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The Optimum Performance Training Model (OPT), developed by NASM, breaks these phases up into subphases that emphasize 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 power training for athletes who require such adaptations) 3.

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In the NASM Optimum Performance Training ™ (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 progressive overload.

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NASM ESSENTIALS OF SPORTS . PERFORMANCE TRAINING MISSION. To help athletes accomplish their sports performance goals.

ESSENTIALS OF SPORTS PERFORMANCE TRAINING

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