

The 5 secrets (+ 1 Bonus!) for passing the NASM Exam

1. The very first thing that you need to know is all of the different postural imbalances. Out of all of these, the overhead squat assessment is definitely the most important thing you should pay attention to. You can expect to see approximately 10 questions on the overhead squat assessment alone. Pay a lot of attention to what muscles are overactive and which muscles are underactive during the three primary postural distortion patterns: pronation, lower crossed and upper crossed.
2. When it comes to the section of the test on exercises, the biggest thing you should be able to recall is which exercises belong to which stage of training in the OPT training model. For example, which stage of training fits with the exercise "single leg throw and catch?". One good tip is that most exercises that include "stability ball" or "single leg" fit into the stabilization phase. You will see approximately 10 questions on the test related to this.
3. I know that a lot of people studying for the NASM exam stressed out about the muscle actions. And although this is very important knowledge for personal training in the real world, you will only see approximately two questions on the test from this area. The most important muscle that you need to know is the gastrocnemius muscle. Make sure to memorize this!
4. I also know of many people that got very stressed over chapter 2 because there is a ton of science to memorize. Try your hardest to remember what you can, but in the end approximately 3% of the test questions come from this chapter so don't worry that much.
5. Refer to the chart below and memorize it COMPLETELY! There are over 10 questions from this chart alone.

	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	Strength 8-12 Super set Stability 12-20	2-4 Super Set 1-3	70-80% 1RM Super Set 50-70% 1RM	0-60sec Super Set 0-90sec	2/0/2 Super Set 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

Bonus Tip: Utilize study guides, practice tests and flashcards.

On my website I have a free study guide, practice tests and flashcards for the NASM CPT exam. **You can check them out here** (<https://www.ptpioneer.com/study-nasm/>).

A good study guide

A good study guide will help you navigate the huge NASM CPT textbook. Not all of the material that you read out of the textbook will show up on the exam. Knowing what parts to focus on, and which parts to skim over is extremely important. If you try to memorize the whole entire textbook, you are setting yourself up for failure.

Practice exams

Taking multiple different practice exams before you sign up to take the real exam is crucial. I know so many students that have to come to me after they failed asking me what they did wrong. Typically, All of the students had one thing in common. None of them even attempted 1 practice exam to see if they were fully prepared to take the test. If they would have, they would have seen that they were not ready. If you can pass multiple full practice exams with 80% or above, you will know you are ready.

Flashcards (especially spaced repetition)

The flash cards on my website have approximately 100 terms for you to go over. The best way to study flashcards is to use spaced repetition. This helps you focus on your weaker areas of study by showing them more frequently. This saves a lot of time over all when trying to memorize the thousands of terms for this NASM exam.

The study materials on my website is a good place to start. But, if you want to guarantee that you pass the exam I recommend checking out the study materials from Trainer Academy. They have the best study guide, full practice exams and spaced repetition flashcards. My students that have gone through their program have a 99% pass rate. They even provide an exam pass guarantee. Being a subscriber to PT pioneer, you can save on their NASM MVP study package by using my personal discount code **PTPSUB** or by **clicking this link**.

Check their website to learn more about their study materials.

Or, check out **my full review of them here**.