

# CORRECTIVE EXERCISE CONTINUUM

## INHIBIT

Inhibit tension in areas identified as being overactive or shortened through assessments.

### Self-myofascial Release Techniques:

- Reduce muscular tension
- Relieve muscle soreness
- Improve circulation

## LENGTHEN

Lengthen the muscles with static stretching or neuromuscular stretching techniques.

### Stretching Techniques:

- Reduce stiffness
- Increase range of motion
- Improve posture

## ACTIVATE

Activate the muscles identified as underactive or weak.

### Strengthening Techniques:

- Activate individual muscles
- Improve muscular endurance
- Increase strength

## INTEGRATE

Integrate uses dynamic total body exercises that are progressed to solidify and coordinate the changes made.

### Integrated Strength Techniques:

- Improve total-body coordination
- Improve movement patterns
- Enhance performance

# Nasm Corrective Exercise Study Guide

**National Academy of Sports Medicine**

A red circular graphic with a gradient, appearing as a partial circle on the right side of the slide, overlapping the grey bar.

## **Nasm Corrective Exercise Study Guide:**

## **Nasm Corrective Exercise Study Guide** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Nasm Corrective Exercise Study Guide**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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