

# 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

**Roman Wölfel**



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

## Whispering the Techniques of Language: An Mental Journey through **Nasm Corrective Exercise Study Guide**

In a digitally-driven world wherever screens reign supreme and immediate transmission drowns out the subtleties of language, the profound strategies and psychological subtleties hidden within phrases frequently get unheard. Yet, nestled within the pages of **Nasm Corrective Exercise Study Guide** a charming literary value sporting with fresh feelings, lies an exceptional quest waiting to be undertaken. Written by an experienced wordsmith, this marvelous opus invites visitors on an introspective journey, delicately unraveling the veiled truths and profound impact resonating within ab muscles cloth of every word. Within the psychological depths of this emotional review, we shall embark upon a sincere exploration of the book is core subjects, dissect their captivating writing design, and succumb to the powerful resonance it evokes serious within the recesses of readers hearts.

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