

NASM™ Optimum Performance Training OPT™



Goal	Reps	Sets	Intensity	Rest	Tempo Ecc/Iso/Con
Stabilization <ul style="list-style-type: none"> • Improve muscular endurance • Enhance joint stability • Enhance control of posture • Improve neuromuscular efficiency (balance, stabilization, muscular coordination) 	12-20	1-3	50-70% 1RM	0-90 Sec	4/2/1
Strength Endurance <ul style="list-style-type: none"> • Improve stabilization endurance and increase prime mover strength • Enhance joint stabilization • Increase lean body mass 	8-12	2-4 Super Set Stability	70-80% 1RM	0-60 Sec	2/0/2
Hypertrophy <ul style="list-style-type: none"> • Increase muscle size 	6-12	3-5	75-85% 1RM	0-60 Sec	2/0/2
Max Strength <ul style="list-style-type: none"> • Increase motor unit recruitment • Increase frequency of motor unit recruitment • Improve peak force 	1-5	4-6	85-100% 1RM	3-5 mins	X/X/X
Power Training <ul style="list-style-type: none"> • Enhance neuromuscular efficiency • Enhance prime mover strength • Increase rate of force production 	1-10	3-6 Super Set Stability	10% of Body Weight or 30-45% 1RM	3-5 mins	X/X/X

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