

Personal Trainer Certification (NASM/ACE/NSCA)

QUICK REFERENCE CHEAT SHEET | NASM CPT / ACE CPT / NSCA CSCS

TRAINING ZONE FORMULAS

Concept	Formula / Value
Max Heart Rate (MHR)	220 - Age (Tanaka: 208 - 0.7 x Age)
Zone 1 (Recovery)	50-60% MHR
Zone 2 (Aerobic Base)	60-70% MHR
Zone 3 (Tempo / Aerobic Power)	70-80% MHR
Zone 4 (Anaerobic Threshold)	80-90% MHR
Zone 5 (VO2 Max)	90-100% MHR
1-Rep Max (Brzycki)	Weight / (1.0278 - 0.0278 x Reps)
BMI	Weight (kg) / Height (m) ² -- Overweight: 25-29.9; Obese: 30+

NASM OPT MODEL

Phase	Focus	Rep Range	Tempo
1 -- Stabilization Endurance	Neuromuscular efficiency; postural stability	12-20	Slow 4-2-1
2 -- Strength Endurance	Strength + stabilization simultaneously	8-12	Medium 2-0-2
3 -- Hypertrophy	Muscle size; high volume	6-12	Slow 2-0-2
4 -- Maximal Strength	Motor unit recruitment; near max loads	1-5	Moderate 1-0-1
5 -- Power	Rate of force development	1-10	Fast as possible

COMMON CERTIFICATIONS COMPARED

Cert	Organization	Focus
CPT	NASM	OPT model; corrective exercise; widely recognized
CPT	ACE	IFT model; behavior change; group fitness option
CSCS	NSCA	Strength and conditioning for athletes; requires degree
ACSM-CPT	ACSM	Clinical populations; widely respected in medical settings
NASM-CES	NASM	Corrective Exercise Specialist -- advanced credential

EXAM-DAY TIPS

- + PAR-Q: Physical Activity Readiness Questionnaire -- must be completed before starting any client.
- + Overtraining signs: decreased performance, persistent fatigue, irritability, elevated resting HR.
- + Scope of practice: personal trainers do NOT prescribe diets or diagnose injuries -- refer out.
- + DOMS (Delayed Onset Muscle Soreness): peaks 24-72 hrs post exercise; normal; light activity helps.
- + Progressive overload: gradually increase volume, intensity, or frequency to continue adaptation.
- + Practice 1,000+ questions -> voltexam.com/apps/personal-trainer

Practice 1,000+ questions + built-in tools | voltexam.com/apps/personal-trainer