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The Optimum Performance Training Model (OPT), developed by NASM, breaks these phases up into subphases that emphasize corrective exercise, stabilization endurance, strength (further broken up into strength endurance, hypertrophy, and maximal strength), power (focusing on high force and high velocity with complex training schemes, followed by maximal power training for athletes who require such adaptations) 3.

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NASM ESSENTIALS OF SPORTS . PERFORMANCE TRAINING MISSION. To help athletes accomplish their sports performance goals.

ESSENTIALS OF SPORTS PERFORMANCE TRAINING

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