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Tip.Heather Dzikcek has written a very good overview of how she passed the NASM test so check that out if you are looking to be NASM certified.. From what I know, the NASM certification is heavily focused on biomechanics "how the muscles work together, muscle imbalances and correct exercise.

NSCA or NASM: Which Fitness Cert Is Better? - Joe Cannon, MS

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