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PES - Premium Self Study

With NASM's Performance Enhancement Specialization (NASM-PES), you'll learn how to provide cutting-edge strength and conditioning training for your clients. You'll gain the advanced knowledge, insight, and skills needed to help clients of all levels reach their peak performance potential.

NASM Performance Enhancement Specialist (NASM-PES)

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NASM PES Exam Guide The NASM Performance Enhancement Specialization (PES) certification is designed to allow trainers to train elite athletes. The NASM PES certification can give you the expertise to improve the flexibility, speed, agility and performance of professional, elite, and collegiate athletes.

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Integrated Program Design and the Optimum Performance Training. Tempo. NASM writes tempos this way "a/b/c". It stands for a = eccentric. b = isometric. c = concentric. So a tempo of 4/2/1 on a repetition of a body weight squat would be: a = 4 counts, controlled, deceleration, lowering the body down. b = 2 counts, controlled, holding the weight (bodyweight) in place.

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