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**NASM OPT Model** CalU of Penn. Course 710 - Perf. Enhance Phys. Activity Sources: Clark, M., Sutton, B. G., & Lucett, S. (2015). **NASM essentials of** ...

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**OPT MODEL** OPT Model References: 1. Clark, M., Lucett, B., Sutton, S. (2015). **NASM Essentials of Sports Performance** Training. First Edition.

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