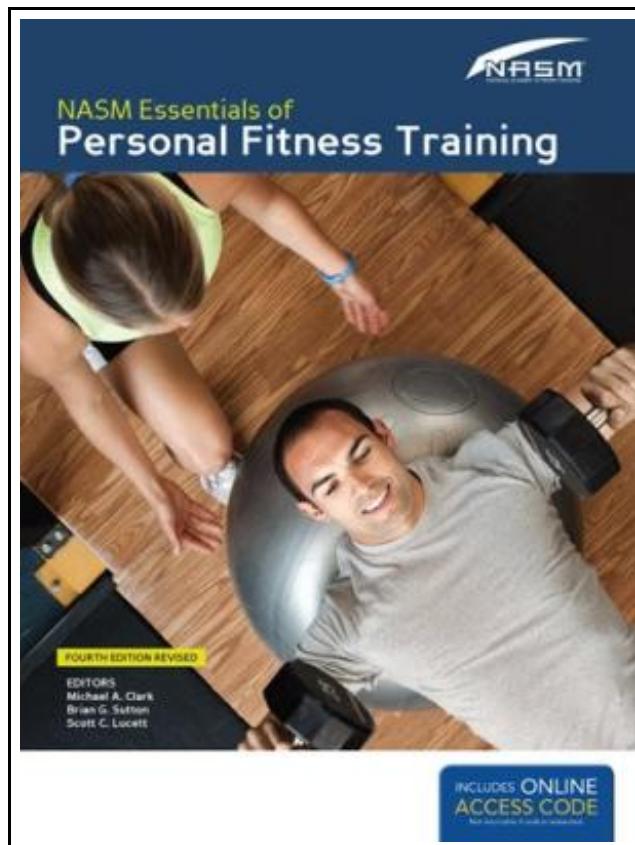


NASM Essentials of Personal Fitness Training (4th Revised edition)



Filesize: 8.88 MB

Reviews

Absolutely among the finest publication I actually have actually go through. It really is rally fascinating throgh reading time. I am easily could possibly get a pleasure of looking at a composed ebook.

(Prof. Rick Romaguera)

NASM ESSENTIALS OF PERSONAL FITNESS TRAINING (4TH REVISED EDITION)

[DOWNLOAD](#)

To save **NASM Essentials of Personal Fitness Training (4th Revised edition)** PDF, make sure you access the hyperlink below and save the ebook or have access to other information that are have conjunction with NASM ESSENTIALS OF PERSONAL FITNESS TRAINING (4TH REVISED EDITION) ebook.

Jones and Bartlett Publishers, Inc. Paperback. Book Condition: new. BRAND NEW, NASM Essentials of Personal Fitness Training (4th Revised edition), National Academy of Sports Medicine (NASM), This text is a recommended resource for the NASM Certified Personal Trainer (CPT) certification. The NASM CPT certification is accredited by the National Commission for Certifying Agencies (NCCA). Since 1987, the National Academy of Sports Medicine (NASM) has been a global leader in providing evidence-based certifications and advanced credentials to health and fitness professionals. NASM Essentials of Personal Fitness Training, Fourth Edition Revised, continues to lead the way by providing the most comprehensive resource for aspiring personal trainers and other health and fitness professionals. Based on NASM's proprietary Optimum Performance Training(TM) (OPT(TM)) model, you will learn a systematic approach to program design with exercise program guidelines and variables; protocols for building stabilization, strength, and power programs; guidance on how to build a clientele through professional development; and more! By following the techniques in this book, you will gain the information, insight, and inspiration you need to change the world as a health and fitness professional. Key Features: * Two new chapters: Exercise Metabolism and Bioenergetics and Introduction to Exercise Modalities. * Definitions of Key Terms in the margins, with key terms bolded within the text. * Stretch Your Knowledge boxes emphasize key concepts and findings from current research. * Memory Joggers call out core concepts and program design instructions. * Exercise sections discuss the purpose and procedures of various techniques that can be used with clients. Technique and Safety Tips are also provided. * Summaries that wrap up each chapter to remind you of pertinent material. * Appendices provide 100 additional exercises; OPT workout programs; one repetition maximum conversion charts; and muscle origins, insertions, and functions. * Extensive full-color art and photographs illustrate numerous...

[Read NASM Essentials of Personal Fitness Training \(4th Revised edition\) Online](#)[Download PDF NASM Essentials of Personal Fitness Training \(4th Revised edition\)](#)

See Also



[PDF] You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Click the web link below to download "You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most" PDF document.

[Save ePub »](#)



[PDF] Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Click the web link below to download "Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success" PDF document.

[Save ePub »](#)



[PDF] My Friend Has Down's Syndrome

Click the web link below to download "My Friend Has Down's Syndrome" PDF document.

[Save ePub »](#)



[PDF] It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

Click the web link below to download "It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em" PDF document.

[Save ePub »](#)



[PDF] Edge] the collection stacks of children's literature: Chunhyang Qiuyun 1.2 --- Children's Literature 2004(Chinese Edition)

Click the web link below to download "Edge] the collection stacks of children's literature: Chunhyang Qiuyun 1.2 --- Children's Literature 2004(Chinese Edition)" PDF document.

[Save ePub »](#)



[PDF] A Dog of Flanders: Unabridged; In Easy-to-Read Type (Dover Children's Thrift Classics)

Click the web link below to download "A Dog of Flanders: Unabridged; In Easy-to-Read Type (Dover Children's Thrift Classics)" PDF document.

[Save ePub »](#)