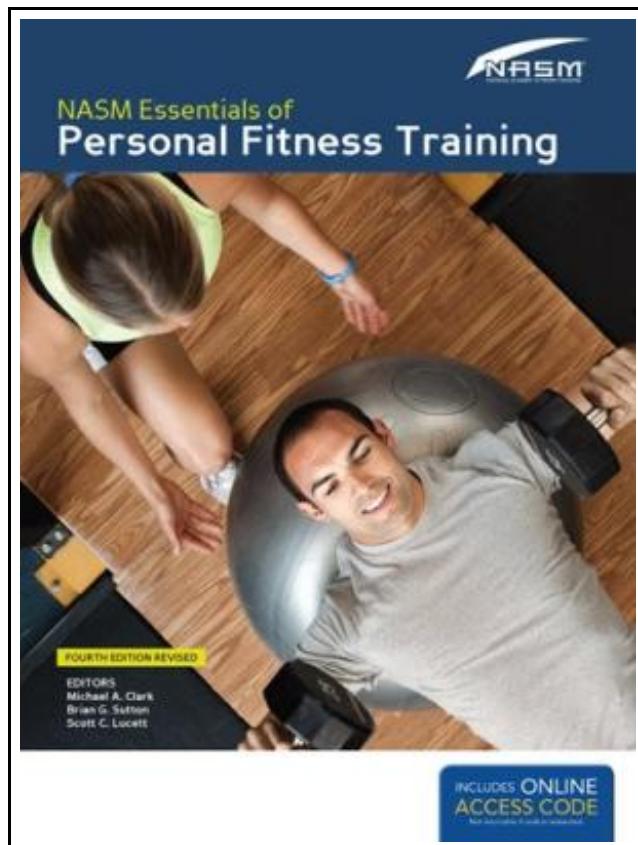


NASM Essentials of Personal Fitness Training (4th Revised edition)



Filesize: 8.13 MB

Reviews

This ebook will be worth acquiring. It is actually written in basic phrases instead of hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book. (Trystan Yundt)

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

[DOWNLOAD PDF](#)

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 \(4th Revised edition\)](#)

Other Books



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

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the...

[Read Document »](#)



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

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How...

[Read Document »](#)



My Friend Has Down's Syndrome

Barron's Educational Series Inc.,U.S. Paperback. Book Condition: new. BRAND NEW, My Friend Has Down's Syndrome, Jennifer Moore-Mallinos, Younger children are normally puzzled when they encounter other kids who suffer from Down's Syndrome. Here is a...

[Read Document »](#)



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

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating...

[Read Document »](#)



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

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: 2005 Pages: 815 Publisher: the Chinese teenager Shop Books all book....

[Read Document »](#)



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso's groundbreaking and trusted guide on bullying—including cyberbullying—arms parents

[Download eBook »](#)



Genuine entrepreneurship education (secondary vocational schools teaching book) 9787040247916(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2008-08-01 Pages: 175 Publisher: Higher Education Basic information title: entrepreneurship education

[Download eBook »](#)



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the

[Download eBook »](#)



Early National City CA Images of America

Arcadia Publishing. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 9.1in. x 6.4in. x 0.4in. Below the surface of bustling National City lies the story of olive and citrus orchards, grand Victorian homes, great wealth, and

[Download eBook »](#)



Dear Bats The Creepy Cave Caper Carole Marsh Mysteries

Gallopade International. Paperback. Book Condition: New. Paperback. 115 pages. Dimensions: 7.3in. x 5.1in. x 0.5in. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an

[Download eBook »](#)