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Personal
Training

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*NSCA Essentials of
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Robert Linkul |**

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~~TRAINING BOOKS~~
~~Should You Be~~
~~Training Your~~
~~Personal Training~~
~~Clients like Athletes,~~
~~with Jim Kielbaso |~~

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and Soccer |

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The Fundamentals
Series** ~~Alan Thrall's
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Lecture 3: Training
Program Basics
(personal training
course)~~ Athlete

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Profiling: Choosing a
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Fallacies of Fat Loss,
with Brad Schoenfeld
| NSCA.com* How to
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Books for Aspiring
Strength Coaches
Personal Trainer
Certifications—Which
is best for YOU?
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~~Movement Screening,
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Reduce Your Study

Time and Master the

Materials

~~How to~~
~~Design a Personal~~

~~Training Program for~~

~~ANY Client~~ NSCA

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Personal Trainer

Exam Prep Series #1

*Best Personal Trainer
Books*

Nsca Essentials
Personal Training
NSCA's Essentials of
Personal Training,
Second Edition,
focuses on the
complex process of
designing safe,
effective, and goal-
specific resistance,

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aerobic, plyometric,
and speed training
programs. Featuring
over 200 full-color
photos with
accompanying
technique
instructions, this
resource offers
readers a step-by-
step approach to
designing exercise
programs with special
attention to the

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application of
principles based on
age, fitness level, and
health status.

NSCA's Essentials of
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"NSCA's Essentials of
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supplies
comprehensive
information on proper

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stretching, resistance training, aerobic endurance training, and plyometrics techniques.

Additionally, the text covers critical information about the business aspects of personal training, including facility and equipment maintenance and legal issues that many

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With state of the art
knowledge regarding
applied aspects of
personal training as
well as clear
explanations of
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Essentials of Personal Training, Second Edition, is also the authoritative preparation text for those preparing for the National Strength and Conditioning Association's Certified Personal Trainer (NSCA CPT) exam.

This essential reference was developed by the

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NSCA to present the knowledge, skills, and abilities required for personal trainers.

NSCA's Essentials of Personal Training:
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NSCA's Essentials of Personal Training,
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focuses on the

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Complex process of designing safe, effective, and goal-specific resistance, aerobic, plyometric, and speed training programs. Featuring over 200 full-color photos with accompanying technique instructions, this resource offers readers a step-by-

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step approach to
designing exercise
programs with special
attention to the
application of
principles based on
age, fitness level, and
health status.

NSCA's Essentials of
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eBook: NSCA ...

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human-kinetics
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the most
comprehensive
resource available for
current and future
personal trainers,

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exercise instructors,
fitness facility and
wellness center
managers, and other
fitness professionals.

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programs with special
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resources. Stay
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practices through
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selected resources.
Program Design
Essentials

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Resources

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Trainer (NSCA-CPT)

NSCA-Certified
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(NSCA-CPT®) are
health/fitness
professionals who,
using an
individualized
approach, assess,
motivate, educate and

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train clients regarding their personal health and fitness needs.

They design safe and effective exercise programs, provide the guidance to help clients achieve their personal health/fitness goals, and respond appropriately in emergency situations.

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Certified Personal
Trainer® (NSCA-
CPT®)

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Conditioning
Association's Basics
of Strength and
Conditioning Manual.
The NSCA is the
worldwide authority
on strength and

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conditioning and this manual was been developed to help you start your journey into the area of strength training and conditioning with some of the foremost coaches in the world.

The National Strength
and Conditioning
Association's (NSCA

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NSCA certifications are for dedicated, knowledge-hungry, hardworking strength and conditioning professionals. When you have an NSCA credential on your resume you elevate yourself. You become the standard that employers seek when hiring strength and

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joining the ranks of
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industry.

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NSCA's Essentials of Personal Training, Second Edition, focuses on the complex process of designing safe, effective, and goal-specific resistance, aerobic, plyometric, and speed training programs. Featuring over 200 full-color photos with accompanying

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Personal Training

instructions, this resource offers readers a step-by-step approach to designing exercise programs with special attention to the application of principles based on age, fitness level, and health status.

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NSCA's Essentials of
Personal Training-2nd
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The second edition of
NSCA's Essentials of
Personal Training is
the most
comprehensive
resource available for
current and future
personal trainers,
exercise instructors,
fitness facility and
wellness center

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managers, and other
fitness professionals.

Essentials of Personal
Training, 2ed - NSCA
NSCA's Essentials of
Personal Training is
the ideal authoritative
resource for personal
trainers, health and
fitness instructors,
exercise scientists,
and other fitness

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Personal, as well as the primary preparation source for the NSCA-Certified Personal Trainer® examination. The book includes more than 250 photographs and contributions from leading personal training experts who provide the ...

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NSCA's Essentials of Personal Training - Google Books

Personal Trainers
Rising above and redefining the profession, NSCA-certified personal trainers set new expectations for one-on-one strength and conditioning training. The NSCA offers a variety of tools and

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resources including
program design
assistance, client
assessment forms,
training tips, and
business
development advice.

Personal Trainers -
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NSCA's Essentials of
Personal Training,
Second Edition,

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focuses on the complex process of designing safe, effective, and goal-specific resistance, aerobic, plyometric, and speed training programs.

Nsca'S Essentials Of
Personal Training 2nd
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NSCA"s Essentials of

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Personal Training,
Second Edition,
focuses on the
complex process of
designing safe,
effective, and goal-
specific resistance,
aerobic, plyometric,
and speed training
programs. Featuring
over 200 full-color
photos with
accompanying
technique

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instructions, this resource offers readers a step-by-step approach to designing exercise programs with special attention to the application of principles based on age, fitness level, and health status.

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Personal Training 2nd
Edition - Jared ...

The second edition of NSCA's Essentials of Personal Training is the most comprehensive resource available for current and future personal trainers, exercise instructors, fitness facility and wellness center managers, and other

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fitness professionals.
Unmatched in scope,
this text remains the
leading source for
personal training
preparation and
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development.

NSCA's Essentials of
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Association, 2004,
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Comprehensive and research based, the second edition of NSCA's Essentials of Personal Training is the resource to rely on for personal training information and guidance. With state-of-the-art knowledge regarding applied aspects of personal training as well as clear

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explanations of
supporting scientific
evidence, NSCA's
Essentials of Personal
Training, Second
Edition, is also the
authoritative
preparation text for
those preparing for
the National Strength
and Conditioning
Association's
Certified Personal
Trainer (NSCA-CPT)

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exam. This essential reference was developed by the NSCA to present the knowledge, skills, and abilities required for personal trainers. With contributions from leading authorities in the field, the text will assist both current and future personal trainers in applying

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the most current research to the needs of their clients: A discussion on nutrition outlines the role of the personal trainer in establishing nutrition guidelines, including the application of nutrition principles for clients with metabolic concerns. The latest guidelines on client assessment from

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Prominent
organizations—such as
the American Heart
Association (AHA)
and Centers for
Disease Control and
Prevention
(CDC)—keep personal
trainers up to speed
on the latest
assessment
protocols. New
information is
presented on flexibility

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training and
cardiovascular
exercise prescription
as well as a
discussion of
research on the
effectiveness of
stability ball training.
Revised information
on design of
resistance training
programs
incorporates the latest
information on the

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Personal Training
application of
periodization of
training. New
information
addressing injuries
and rehabilitation
prepares personal
trainers to work with
clients with special
concerns such as
orthopedic conditions,
low back pain, ankle
sprains, and hip
arthroscopy. New

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guidelines for
determining
resistance training
loads will assist those
whose clientele
includes athletes. A
variety of fitness
testing protocols and
norms allows readers
to select from several
options to evaluate
each component of
fitness. A new
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aerobic, plyometric,
and speed training
programs. Featuring

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over 200 full-color photos with accompanying technique instructions, this resource offers readers a step-by-step approach to designing exercise programs with special attention to the application of principles based on age, fitness level, and

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health status. Using comprehensive guidelines and sample clients portrayed in the text, readers can learn appropriate ways to adjust exercise programs to work with a variety of clients while accommodating each client's individual needs.

Personal trainers will

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Appreciate the book's presentation of detailed exercise programming guidelines for specific populations.

Modifications and contraindications to exercise are given for prepubescent youth, older adults, and athletes as well as for clients who are overweight or obese

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Personal Training
or have eating disorders, diabetes, heart disease, hypertension, hyperlipedimia, spinal cord injury, multiple sclerosis, and cerebral palsy. In addition, the book provides clear, easy-to-understand guidelines for initial client consultation and health appraisal. For

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those preparing for the NSCA-CPT exam, this second edition features new and revised study questions at the end of each chapter.

These questions are written in the same style and format as those found on the NSCA-CPT exam to fully prepare candidates for exam

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day. For efficient self-study, answers to study questions and suggested solutions for the applied knowledge questions are located in the back of the text. Chapter objectives and key points provide a framework for study and review of important information, while

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sidebars throughout the text present practical explanations and applications of scientific concepts and theory. The second edition of NSCA's Essentials of Personal Training is the most comprehensive resource available for current and future personal trainers,

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exercise instructors,
fitness facility and
wellness center
managers, and other
fitness professionals.
Unmatched in scope,
this text remains the
leading source for
personal training
preparation and
professional
development.

Developed by the
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National Strength and Conditioning Association (NSCA), NSCA's Essentials of Personal Training, Third Edition With HKPropel Access, is the definitive reference for personal training professionals and students. This comprehensive guide to personal training, with contributions

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Personal Training
For leaders in the field, provides the most accurate and reliable information and guidance for current and aspiring professionals.

Updated to reflect the latest research, with clear explanations of supporting scientific evidence, this edition will give readers the knowledge, skills, and

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abilities (KSAs) needed by modern personal training professionals. New content addresses the latest objectives found on the National Strength and Conditioning Association's Certified Personal Trainer (NSCA-CPT) exam, maintaining this text's position as

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the single best resource for those preparing for the NSCA-CPT exam. NSCA's Essentials of Personal Training, Third Edition, provides guidelines for the complex process of designing safe, effective, and goal-specific resistance, aerobic, plyometric, and speed

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training programs for clients of all ages and fitness levels. With comprehensive coverage of various categories of unique client needs, readers will learn how to make specific modifications and adjust exercise programs for each individual client.

Multiple fitness testing protocols and norms

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Personal Training
for each component of fitness—including 10 new tests—are all presented, along with instructions that are detailed yet easy to follow. Over 200 full-color photos and accompanying instructions clearly describe and visually show proper technique for exercises and drills,

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including stretching, plyometrics, and stability ball exercises. There are new sections on suspension training, manual resistance training, and common types of resistance training equipment. Plus, 27 online videos, delivered through HKPropel, demonstrate exercise

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technique in action,
preparing readers to
instruct clients
through safe exercise
performance.

Students will also be
able to complete
chapter quizzes
assigned by
instructors through
HKPropel. Study
questions at the end
of each chapter,
written in the same

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style and format as those found on the NSCA-CPT exam, facilitate learning of chapter content and fully prepare candidates for exam day. Practicing professionals and aspiring professionals alike will benefit from a new appendix of advice on building a successful career as

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a personal trainer.
NSCA's Essentials of
Personal Training,
Third Edition, remains
the most
comprehensive
resource available for
personal training
preparation and
professional
development.
Unmatched in scope,
this essential text
continues to be a

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Definitive reference for current and future personal trainers, exercise instructors, fitness facility and wellness center managers, and other fitness professionals. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

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Developed by the
National Strength and
Conditioning
Association (NSCA)
and now in its fourth
edition, Essentials of
Strength Training and
Conditioning is the
essential text for
strength and
conditioning
professionals and
students. This
comprehensive

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resource, created by 30 expert contributors in the field, explains the key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance. The scope and content of Essentials of Strength

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Training and
Conditioning, Fourth
Edition With HKPropel
Access, have been
updated to convey the
knowledge, skills, and
abilities required of a
strength and
conditioning
professional and to
address the latest
information found on
the Certified Strength
and Conditioning

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Specialist (CSCS) exam. The evidence-based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation. The text is organized to lead readers from theory to program design and practical strategies for administration and

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management of
strength and
conditioning facilities.

The fourth edition
contains the most
current research and
applications and
several new features:

Online videos
featuring 21
resistance training
exercises
demonstrate proper
exercise form for

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classroom and
practical use.

Updated

research—specifically
in the areas of high-
intensity interval
training, overtraining,
agility and change of
direction, nutrition for
health and
performance, and
periodization—helps
readers better
understand these

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popular trends in the industry. A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements. Ten additional tests, including those for maximum strength, power, and aerobic

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capacity, along with new flexibility exercises, resistance training exercises, plyometric exercises, and speed and agility drills help professionals design programs that reflect current guidelines. Key points, chapter objectives, and learning aids including key terms and self-

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study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts. Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning

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Specialists in real-world settings, making the information immediately relatable and usable. Online learning tools delivered through HKPropel provide students with 11 downloadable lab activities for practice and retention of information. Further, both students and

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Professionals will benefit from the online videos of 21 foundational exercises that provide visual instruction and reinforce proper technique. Essentials of Strength Training and Conditioning, Fourth Edition, provides the most comprehensive information on

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Organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. Its scope, precision, and dependability make it the essential preparation text for the CSCS exam as

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well as a definitive reference for strength and conditioning professionals to consult in their everyday practice.

Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

NSCA's Essentials of
Sport Science

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Provides the most contemporary and comprehensive overview of the field of sport science and the role of the sport scientist. It is a primary preparation resource for the Certified Performance and Sport Scientist (CPSS) certification exam.

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The National Strength and Conditioning Association (NSCA) has long been at the forefront of aiding aspiring and established exercise professionals in working with clients from special populations, such as children, aging adults, and clients with temporary or

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Permanent physical or cognitive conditions and disorders. Clients with special conditions often require modifications to general exercise recommendations, specific exercise facility design, and particular training equipment. They may also require exercise programming

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Supervised by exercise professionals with specialized training. NSCA's Essentials of Training Special Populations will help exercise professionals design customized programs for clients with unique considerations. It is an ideal preparatory resource for those seeking to become an

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NSCA Certified
Special Population
Specialist (CSPS) as
well as professionals
who work in
collaboration with
health care
professionals to
assess, educate, and
train special
population clients of
all ages regarding
their health and
fitness needs. Editor

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Patrick L. Jacobs, who has extensive experience as both a practitioner and scholar, and a team of qualified contributors provide evidence-based information and recommendations on particular training protocols for a breadth of conditions, including musculoskeletal

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Personal
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conditions,
cardiovascular
conditions,
immunologic
disorders, and cancer.
The book discusses
the benefits of
exercise for clients
with special
conditions and the
exercise-related
challenges they often
face, as well as the
importance of safe

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Personal health
and fitness
Training
assessments for
these clients. With an
emphasis on
published research,
NSCA's Essentials of
Training Special
Populations reviews
the pathology and
pathophysiology of
numerous conditions
and disorders,
including the known

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effects of exercise on those conditions and disorders. Each chapter includes tables that provide exercise recommendations for specific conditions, complete with training modifications, precautions, and contraindications. Also included are case studies with

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practical examples of the application of these population-specific recommendations, as well as a summary of the commonly prescribed medications and their potential effects on exercise responses and adaptations.

NSCA's Essentials of Training Special

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Populations includes a number of learning aids designed to assist the reader. Chapter objectives appear at the beginning of each chapter, study questions are at the end of each chapter, key points in easy-to-find boxes summarize important concepts for the reader, and key

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terms are identified and defined throughout the text.

Recommended readings are also provided for readers wishing to learn more about a topic in general or specifically in preparation for the CSPA exam. For instructors using NSCA's Essentials of Training Special

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Populations in a higher education course or for a training symposium, ancillary materials are available to make class preparation easy. The materials are designed to complement the content and assist in its instruction. The ancillaries consist of an instructor's guide,

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test package, and
presentation package
plus image bank.

Created by the
National Strength and
Conditioning
Association (NSCA),
Exercise Technique
Manual for
Resistance Training,
Fourth Edition With
HKPropel Online
Video, is a practical

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Resource for current
and aspiring strength
and conditioning
professionals and
personal trainers.

With unmatched
visual demonstration
of a variety of free
weight and machine
exercises, the text is a
valuable tool for those
preparing for an
NSCA certification
exam and for others

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who design programs for athletes and clients of all ages and fitness levels. This updated reference is the most comprehensive collection of resistance training technique available. The revised fourth edition contains the following: An additional 30

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Exercises that expand the coverage to 100 total exercises, each with a step-by-step checklist that teaches safe and effective exercise technique

Two or more full-color photos of each resistance training exercise that distinctly show correct technique

Online video clips for each

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Resistance training
exercise that
demonstrate proper
technique in action
and highlight common
errors Exercise

Technique Manual for
Resistance Training,
Fourth Edition With
HKPropel Online
Video, is organized by
body region, with
parts I through IV
covering total body,

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lower body, upper body, and anatomical core exercises. Part V highlights exercises using alternative modes and nontraditional implements. Every chapter contains a table that describes each exercise's concentric action, predominant muscle groups, and muscles

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involved, enabling readers to understand the impact of the exercises on each body region. To reinforce fundamental techniques, the text includes guidelines related to general safety, tips for breathing and spotting, preparatory body position, and weight belt

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Recommendations.

Exercises are explained through sequential instructions and photos to ensure that readers will learn the safest and most effective technique.

Accompanying checklists identify the correct grip, stance, body position, and range of motion for each exercise. Online

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videos demonstrate proper technique as well as common errors so that users can recognize incorrect techniques and make appropriate adjustments. With 100 resistance training exercises and online video demonstrations, Exercise Technique Manual for Resistance Training is

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the most authoritative
and current resource
in teaching safe and
effective resistance
exercise technique.

Note: A code for
accessing online
videos is not included
with this ebook but
may be purchased
separately.

NSCA's Essentials of
Tactical Strength and

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Conditioning is the ideal preparatory guide for those seeking TSAC-F certification. The book is also a great reference for fitness trainers who work with tactical populations such as military, law enforcement, and fire and rescue personnel.

[This book is a]

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Resource for personal trainers, health and fitness instructors, exercise scientists, and other fitness professionals, as well as the primary preparation source for the NSCA-Certified Personal Trainer examination ... It is an essential reference for anyone preparing for or already working in

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a career as a
personal trainer.-Back
cover.

Developed by the
National Academy of
Sports Medicine
(NASM), this book is
designed to help
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basic principles of
personal training
using NASM's
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OPT model presents
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More than 600 full-
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and techniques.

Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers,

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