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Nsca Essentials Personal Training

NSCA's Essentials of Personal Training,  
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process of designing safe, effective, and

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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-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- Human Kinetics

"NSCA's Essentials of Personal Training"

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supplies comprehensive information on proper 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 trainers face.

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NSCA's Essentials of Personal Training:

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With state of the art knowledge regarding applied aspects of personal training as well

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as clear 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) exam. This essential reference was developed by the NSCA to present the knowledge, skills, and abilities required for personal trainers.

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In support of your professional growth, the NSCA provides members evidenced-based tools

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

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Become an NSCA-Certified Personal Trainer®  
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Welcome to the National Strength and Conditioning Association's Basics of Strength and Conditioning Manual. The NSCA is the worldwide authority on strength and conditioning and this manual was been developed to help you start your journey into

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the area of strength training and conditioning with some of the foremost coaches in the world.

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managers, and other fitness professionals.

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

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