



Exercise Technique Manual for Resistance Training (Mixed media product)

By National Strength Conditioning Association (NSCA)

Human Kinetics Publishers, United States, 2008. Mixed media product. Book Condition: New. 2nd Revised edition. 277 x 216 mm. Language: English . Brand New Book. Beefed up from 38 to 57 exercises, this new edition of Exercise Technique Manual for Resistance Training is a must for any professional library. It will help readers prepare for the NSCA s Certified Strength and Conditioning Specialist exam or its Certified Personal Trainer exam. It will also serve as a valuable reference for personal trainers and fitness instructors. Also, college and university faculty who teach courses in resistance training can use the manual and DVDs to complement hands-on instruction and demonstration or to teach exercise technique without going to a weight room. This resource provides clear descriptions for those performing resistance training exercises or for those who instruct others. The manual gives detailed explanations on technique for each free-weight and machine exercise, and the accompanying DVDs show the movements for each exercise in action. Readers using this manual to study for the CSCS or NSCA-CPT exams will find this resource particularly helpful as they prepare for exam questions relating to anatomy, biomechanics, program design, and exercise technique. Exercise Technique Manual for Resistance Training, Second...



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Reviews

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-- Prof. Dan Windler MD

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-- Dr. Celestino Spinka III