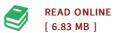




## **ACSM's Metabolic Calculations Handbook**

By American College of Sports Medicine

Lippincott Williams and Wilkins. Paperback. Book Condition: new. BRAND NEW, ACSM's Metabolic Calculations Handbook, American College of Sports Medicine, This handbook provides a step-by-step approach to using metabolic equations, from basic math principles to applying the equations to an exercise plan. Chapters focus separately on each equation, provide an easy-to-follow process of solving, and demonstrate the varied uses of the equation in clinical as well as fitness settings. Each chapter includes a set of problems that focus on real-world applications of the equation. Step-by-step problem solution explanations are provided at the end of each chapter. A comprehensive exam at the end of the book tests the reader's skill in using the equations.



## Reviews

Comprehensive information for book fans. It is one of the most amazing book i actually have read. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Yoshiko Okuneva

It in a single of my personal favorite pdf. It really is writter in basic words instead of hard to understand. Your daily life period will be transform as soon as you complete looking over this pdf.

-- Vena Sauer DDS