



Practical Guide to Exercise Physiology

By Robert Murray, W Larry Kenney

Human Kinetics Publishers. Paperback / softback. Book Condition: new. BRAND NEW, Practical Guide to Exercise Physiology, Robert Murray, W Larry Kenney, "Practical Guide to Exercise Physiology" guides readers through the scientific concepts of exercise physiology with highly visual, easy-to-follow content. The text applies complex concepts of physiology to exercise program design, giving personal trainers, strength and conditioning specialists, and other health and fitness professionals an accessible resource to use with their clients. Written specifically for those in the fitness industry, the text covers various training goals and considerations when working with clients and athletes at all levels. This guide takes an application-based approach in describing intricate physiological processes so that professionals can select and explain the appropriate exercises and physical activity regimens for clients. The text is complemented by medical artwork that puts complex systems in a digestible visual context. These systems are then applied to real-world practice through explanations of exercises that are beneficial to specific body systems and instructions on combining various exercises to achieve the desired results. Part I of "Practical Guide to Exercise Physiology" is a review of the fundamentals of physiology, including muscles and muscle adaptation, bioenergetics, and the cardiorespiratory system. It also details the...



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