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functional training. Ten sections present everything a strength coach or personal trainer may need to understand modern training theory. Boyle updates the reader on the current thinking in core training, back pain, and on how the hip musculature works. Further material on cardiovascular training, and what has worked for the

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athletes training in his facility continues the journey. In the second half of the book, the author discusses training strategies, including exercises equipment and tools in use on the gym floor, how he develops speed, and a section on his single-leg training methods. Finally, he puts the entire package together with program

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design, covering the basic objectives of a sound program, and showing you exactly which programs to use in a variety of circumstances.

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fitness.

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practical application. It was originally designed to help people prepare for the ACSM Personal Training Certification Exam. It continues to serve that function, but the market

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for it has expanded to practitioners in the field looking for an additional resource, as well as in an academic setting where the book is a core text for personal training

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Client Interviews & Assessments
Domain II: Program Design &
Implementation Domain III:
Program Progression &
Modifications Domain IV:
Professional Conduct, Safety, & Risk
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associated with computer programming. Craftsmanship has its quiet rewards, the satisfaction that comes from building a useful object and making it work. Excitement arrives with the flash of insight that cracks a previously intractable

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produce the lean and
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transform their bodies,
and she does so by
providing progressive
training programs while
putting common training
myths to rest. From free
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The text provides a useful
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involves stretching the muscle,
contracting it isometrically

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comprehensive data, careful quantitative research, and economic logic contained in the first edition of The Ultimate Resource rebutted widely held professional judgments about the threat of overpopulation. In

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Simon's view, the key factor in natural and world economic growth is our capacity for the creation of new ideas and contributions to knowledge. The more people alive who can be trained to help solve the problems

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that confront us, the faster we can remove obstacles, and the greater the economic inheritance we shall bequeath to our descendants. In conjunction with the size of the educated population, the key constraint on human progress is

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the nature of the economic-political system: Talented people need economic freedom and security to bring their talents to fruition.

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(NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT)

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model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding

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a fitness business, or have a solid system for selling personal training? You're not alone. For years Jon's been asked these questions so he read, watched, researched and interviewed the best in the world to compile Ignite

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bottom up so you can build a clientele, your reputation, and income.

“Tom Holland is the supportive and informative coach, the motivational voice and the personal touch that you crave when you start any

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workout regimen.” —Lucy Danziger, Editor-in-Chief, SELF magazine Tom Holland was voted one of the Top 10 Trainers in America by Women’s Health magazine and is a frequent fitness expert on TV’s Good Morning

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"Do You Have These Questions About Personal Training?" How do I

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and health care administrator. This manual give succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients.

Facilitated Stretching

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to shed their extra weight. These people are turning to personal trainers to assist them in reaching that goal. Reality television shows like The Biggest Loser have proven that no matter how overweight people are, they can slim down and learn how to stay fit

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materials, including the
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*exercise training,
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risk, static postural
assessments, range of
motion assessments, and
strength assessments
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elbow, and wrist. There
are more than 100
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is challenging to
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and prepare them to lead
more dynamic, safe, and
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instructors and managers*

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*understand the why
behind class and program
design, the proper way
to cue participants, and
the variety of
modalities they can use
in their teaching.*

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