

Read Book Csep Cpt Study Guide

Csep Cpt Study Guide

Comprehensive and research based, the second edition of NSCA's Essentials of Personal Training is the resource to rely on for personal training information

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and guidance. With state-of-the-art knowledge regarding applied aspects of personal training as well as clear explanations of supporting scientific evidence, NSCA's Essentials of Personal Training, Second Edition, is also the authoritative

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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,

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and abilities required for personal trainers. With contributions from leading authorities in the field, the text will assist both current and future personal trainers in applying the most current research to the needs of their clients: A

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discussion on nutrition outlines the role of the personal trainer in establishing nutrition guidelines, including the application of nutrition principles for clients with metabolic concerns. The latest guidelines on client assessment from prominent

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organizations—such as the American Heart Association (AHA) and Centers for Disease Control and Prevention (CDC)—keep personal trainers up to speed on the latest assessment protocols. New information is presented on flexibility training

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and cardiovascular exercise prescription as well as a discussion of research on the effectiveness of stability ball training. Revised information on design of resistance training programs incorporates the latest information on

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the application of periodization of training. New information addressing injuries and rehabilitation prepares personal trainers to work with clients with special concerns such as orthopedic conditions, low back pain, ankle sprains,

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and hip arthroscopy. New guidelines for determining resistance training loads will assist those whose clientele includes athletes. A variety of fitness testing protocols and norms allows readers to select from several options to evaluate each component of

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fitness. A new instructor guide and image bank aid instructors in teaching the material to students. NSCA's Essentials of Personal Training, Second Edition, focuses on the complex process of designing safe, effective, and goal-

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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

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programs with special attention to the application of principles based on age, fitness level, and health status. Using comprehensive guidelines and sample clients portrayed in the text, readers can learn appropriate ways to adjust exercise

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programs to work with a variety of clients while accommodating each client's individual needs. Personal trainers will appreciate the book's presentation of detailed exercise programming guidelines for specific populations.

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Modifications and contraindications to exercise are given for prepubescent youth, older adults, and athletes as well as for clients who are overweight or obese or have eating disorders, diabetes, heart disease, hypertension, hyperlipidemia,

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spinal cord injury, multiple sclerosis, and cerebral palsy. In addition, the book provides clear, easy-to-understand guidelines for initial client consultation and health appraisal. For those preparing for the NSCA-CPT exam, this second edition features new

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and revised study questions at the end of each chapter. These questions are written in the same style and format as those found on the NSCA-CPT exam to fully prepare candidates for exam day. For efficient self-study, answers to study questions and

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suggested solutions for the applied knowledge questions are located in the back of the text. Chapter objectives and key points provide a framework for study and review of important information, while sidebars throughout the text present

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practical explanations and applications of scientific concepts and theory. The second edition of NSCA's Essentials of Personal Training is the most comprehensive resource available for current and future personal

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trainers, exercise instructors, fitness facility and wellness center managers, and other fitness professionals.

Unmatched in scope, this text remains the leading source for personal training preparation and professional development.

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Created by the National Strength and Conditioning Association (NSCA), Exercise Technique Manual for Resistance Training, Fourth Edition With HKPropel Online Video, is a practical resource for current and aspiring strength and

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conditioning professionals and personal trainers. With unmatched visual demonstration of a variety of free weight and machine exercises, the text is a valuable tool for those preparing for an NSCA certification exam and for others who

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design programs for athletes and clients of all ages and fitness levels. This updated reference is the most comprehensive collection of resistance training technique available. The revised fourth edition contains the following: An additional 30

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exercises that expand the coverage to 100 total exercises, each with a step-by-step checklist that teaches safe and effective exercise technique

Two or more full-color photos of each resistance training exercise that distinctly show correct technique

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Online video clips for each resistance training exercise that demonstrate proper technique in action and highlight common errors

Exercise Technique Manual for Resistance Training, Fourth Edition With HKPropel Online Video, is organized

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by body region, with parts I through IV covering total body, lower body, upper body, and anatomical core exercises. Part V highlights exercises using alternative modes and nontraditional implements. Every chapter contains a

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table that describes each exercise's concentric action, predominant muscle groups, and muscles involved, enabling readers to understand the impact of the exercises on each body region. To reinforce fundamental

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techniques, the text includes guidelines related to general safety, tips for breathing and spotting, preparatory body position, and weight belt recommendations. Exercises are explained through sequential

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instructions and photos to ensure that readers will learn the safest and most effective technique.

Accompanying checklists identify the correct grip, stance, body position, and range of motion for each exercise. Online videos demonstrate

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proper technique as well as common errors so that users can recognize incorrect techniques and make appropriate adjustments. With 100 resistance training exercises and online video demonstrations,

Exercise Technique

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Manual for
Resistance Training
is the most
authoritative and
current resource in
teaching safe and
effective resistance
exercise technique.
Note: A code for
accessing online
videos is not included
with this ebook but
may be purchased

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separately.

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JOURNAL The
Crimson Petal and
the White meets
Fight Club: A page-
turning novel set in
the world of female
pugilists and their

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patrons in late eighteenth-century England. Moving from a filthy brothel to a fine manor house, from the world of street fighters to the world of champions, *The Fair Fight* is a vivid, propulsive historical novel announcing the arrival of a dynamic

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new talent. Born in a brothel, Ruth doesn't expect much for herself beyond abuse. While her sister's beauty affords a certain degree of comfort, Ruth's harsh looks set her on a path of drudgery. That is until she meets pugilist patron

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George Dryer and
discovers her true
calling—fighting bare
knuckles in the prize
rings of Bristol.

Manor-born
Charlotte has a
different cross to
bear. Scarred by
smallpox, stifled by
her social and
romantic options,
and trapped in

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twisted power games with her wastrel brother, she is desperate for an escape. After a disastrous, life-changing fight sidelines Ruth, the two women meet, and it alters the perspectives of both of them. When Charlotte presents

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Ruth with an extraordinary proposition, Ruth pushes dainty Charlotte to enter the ring herself and learn the power of her own strength. A gripping, page-turning story about people struggling to transcend the circumstances into

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which they were born and fighting for their own places in society, *The Fair Fight* is a raucous, intoxicating tale of courage, reinvention, and fighting one's way to the top.

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Implementation
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to enter the

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Council on Exercise
CPT Examination
ACSM's
Certification Review
Applicant
Information Bulletin
Including
Pathophysiology and
Clinical Applications

For strength,

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power,
flexibility, and
balance,
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delivers
results. Used by
the best of the
best, from
professional
trainers to the
elite athletes
they work with,*

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shares the*

ultimate in

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programs.
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Training®, from
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conditioning
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Dawes, is the
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guide to*

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Training. This
resource is so
thorough that it
has earned the
endorsement of
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inside at the
instruction,
advice, and
insights, and
you'll see why.
This is a one-of-
a-kind resource*

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workouts to
unprecedented
levels. Complete
Guide to TRX®
Suspension
Training®
includes
instructions for
more than 115
exercises.
Complete with
photo sequences,
variations, and*

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recommendations,
you'll learn how
to develop and
integrate
strength, power,
core stability,
flexibility, and
balance with the
use of a
Suspension
Trainer™. In
the gym, at
home, or on the*

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is the ultimate
training
companion. With
over thirty
ready-to-use
programs, you
have options for
any situation
and every
desire. It's all
here. If you
want the best in
exercise,*

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training, and workouts, then look no further than Complete Guide to TRX® Suspension Training®. Discover why millions of athletes make Suspension Training the core of their program.

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*"In this fifth
edition of
Principles of
Exercise Testing
and
Interpretation,
as in earlier
editions, we
attempt to
develop
conceptual
advances in the
physiology and
pathophysiology*

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*of exercise,
particularly as
related to the
practice of
medicine. The
underlying theme
of the book
continues to be
the recognition
that the most
important
requirement for
exercise
performance is*

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*transport of
oxygen to
support the
bioenergetic
processes in the
muscle cells
(including, of
course, the
heart) and
elimination of
the carbon
dioxide formed
as a byproduct
of exercise*

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metabolism.

Thus,

*appropriate
cardiovascular
and ven-
tilatory*

*responses are
required to
match those of
muscle
respiration in
meeting the
energy demands
of exercise. As*

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*depicted by the
logo on the book
cover, normal
exercise
performance
requires an
efficient
coupling of
external to
internal
(cellular)
respiration.
Appropriate
treatment of*

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*exercise
intolerance
requires that
patients'
symptoms be
thought of in
terms of a gas
exchange defect
between the cell
and the
environment. The
defect may be in
the lungs,
heart,*

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*peripheral or
pulmonary
circulations,
the muscles
themselves, or
there may be a
combination of
defects. Thus,
we describe the
pathophysiology
in gas transport
and exchange
that affect any
site in the*

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*cardio-
respiratory
coupling between
the lungs and
the muscles. We
illustrate how
cardiopulmonary
exercise testing
can provide the
means for a
critical
evaluation by
the clinician-
scientist of the*

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functional competency of each component in the coupling of cellular to external respiration, including the cardiovascular system. To achieve this, clinical cases are used to illustrate the

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wide spectrum of pathophysiology capable of causing exercise intolerance"--Provided by publisher.

ACSM's Clinical Exercise Physiology adapts and expands upon the disease-related content from

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*ACSM's Resource
Manual for
Guidelines for
Exercise Testing
and
Prescription,
7th Edition, to
create a true
classroom
textbook. This
new resource
offers research-
based coverage
of more than 35*

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conditions commonly seen in practice—from a host of cardiovascular disorders to immunological/hematological disorders.

Condition chapters are organized by disease types and then divided

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*into sections
that cover
specific
conditions from
a pathological
and etiological
perspective. To
provide a
complete view of
clinical
exercise
physiology, the
book also covers
important*

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*considerations
and foundational
elements, such
as screening,
pharmacology,
and electrocardi
ography. As an
American College
of Sports
Medicine
publication, the
text offers the
unsurpassed
quality and*

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*excellence that
has become
synonymous with
titles by the
leading exercise
science
organization in
the world.*

*Medical acronyms
and
abbreviations
offer
convenience, but
those countless*

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shortcuts can often be confusing. Now a part of the popular Dorland's suite of products, this reference features thousands of terms from across various medical specialties. Its

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*alphabetical
arrangement
makes for quick
reference, and
expanded
coverage of
symbols ensures
they are easier
to find.*

*Effective
communication
plays an
important role
in all medical*

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*settings, so
turn to this
trusted volume
for nearly any
medical
abbreviation you
might encounter.
Symbols section
makes it easier
to locate
unusual or
seldom-used
symbols.*

Convenient

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*alphabetical
format allows
you to find the
entry you need
more*

intuitively.

*More than 90,000
entries and
definitions.*

*Many new and
updated entries
including
terminology in
expanding*

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*specialties,
such as Nursing;
Physical,
Occupational,
and Speech
Therapies;
Transcription
and Coding;
Computer and
Technical
Fields. New
section on
abbreviations to
avoid, including*

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*Joint Commission
abbreviations
that are not to
be used.*

*Incorporates
updates
suggested by the
Institute for
Safe Medication
Practices
(ISMP) .*

*Dorland's
Dictionary of
Medical Acronyms*

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and

*Abbreviations E-
Book*

Exercise

*Technique Manual
for Resistance
Training*

*Honest to
Greatness*

*ACSM's Clinical
Exercise*

Physiology

*certification &
study guide*

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The term “functional training” has been associated with a fair amount of controversy ever since it became part of the fitness training vernacular more than a decade ago. In *Functional Training Anatomy*, noted strength and conditioning specialists Kevin Carr and Mary Kate Feit cut through the clutter and

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misconceptions about functional training and cover all aspects of how to build a purposeful, effective, and efficient program that provides the strength, stability, and mobility you need to support your body in life and in sports. Beginning with a clear definition of what functional training entails, you will learn about the importance of

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mobility training and its impact on movement quality, performance, and injury reduction. Use the warm-up activities to prepare for high-intensity activities. Use the medicine ball and plyometric exercises to learn to produce and absorb force. Develop power with Olympic lifts, kettlebell swings, and

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jumping exercises. Improve strength in the upper body, lower body, and core with hip-dominant, knee-dominant, pushing, pulling, and core exercises. See the inner workings of each of the exercises with superb full-color illustrations that show the primary and secondary muscles and connective tissue

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being used. The detailed instructions for these multiplanar and unilateral exercises ensure you execute each one correctly and safely. The Functional Focus element shows how the exercises translate to specific activities, whether that be an explosive athletic move or simply moving a box.

Functional Training

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Anatomy incorporates traditional and nontraditional exercises and mobility drills that will help you increase functional strength and reduce injury so your body is prepared to support the demands of athletic performance and daily living. CE exam available! For certified professionals, a companion continuing

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education exam can be completed after reading this book. The Functional Training Anatomy Online CE Exam may be purchased separately or as part of the Functional Training Anatomy With CE Exam package that includes both the book and the exam.

Offering strength, endurance, power, and

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sport-specific programming, Functional Training is the most comprehensive resource for athletes, coaches, and athletic trainers. In an ever-changing field, it emphasizes proven techniques and approaches to training results.

Certified Personal
Trainer CSEP-CPT

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Candidate's Study
GuideCertified Personal
TrainerCSEP-CPT
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personal trainer (CSEP-
CPT)certification &
study guideACSM's
Resources for the
Personal
TrainerLippincott
Williams & Wilkins
This book examines the
health/fitness

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interaction in an historical context. Beginning in primitive hunter-gatherer communities, where survival required adequate physical activity, it goes on to consider changes in health and physical activity at subsequent stages in the evolution of "civilization." It focuses on the health

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impacts of a growing understanding of medicine and physiology, and the emergence of a middle-class with the time and money to choose between active and passive leisure pursuits. The book reflects on urbanization and industrialization in relation to the need for public health measures,

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and the ever-diminishing physical demands of the workplace. It then evaluates the attitudes of prelates, politicians, philosophers and teachers at each stage of the process. Finally, the book explores professional and governmental initiatives to increase public involvement in active leisure through

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various school,
worksite, recreational
and sports programmes.
Introduction to Exercise
Science

The Women's Book
Clinical Exercise

Physiology

ACE Personal Trainer
Manual

ACSM's Resources for
the Exercise
Physiologist

ACSM's
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**Resources for
the Personal
Trainer provides
a broad
introduction to
the field of
personal
training,
covering both
basic science
topics and
practical**

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

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the market 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

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**training
programs.**

**"A look at
personal
training that
goes beyond the
textbooks." -**

**Muscle &
Fitness Now in a
revised,
expanded, and
upgraded**

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**edition, Ignite
the Fire is the
highly practical
approach to
personal
training already
relied on by
thousands of
trainers
Worldwide.
Repeatedly
called one of**

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**the "best books
for personal
trainers", it
provides a clear
road map
teaching you
how to become
a personal
trainer, to
getting a
personal trainer
certification, to**

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**building your
career from the
bottom up so
you can build a
clientele, your
reputation, and
income. HAVE
YOU EVER
wanted to know
the best, high-
integrity
techniques to**

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**get more
clients, run 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**

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**read, watched,
researched and
interviewed the
best in the
world to compile
Ignite the Fire.
This powerful
book for
certified
personal
trainers will
show you how**

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**to: Find your
dream job in the
fitness industry
(pg 26) Find,
market to, and
sell your ideal
client while
seamlessly
dealing with
objections (pg
64) Build
amazing**

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**workouts for
beginners (pg
124) Deal with
difficult client
types (pg 160)
Develop
multiple income
streams while
maintaining
your reputation
(pg 202) Ignite
the Fire**

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provides a clear road map to building your career from the bottom up so you can build a clientele, your reputation, and income.

**Now in its third edition,
Essentials of**

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**Strength
Training and
Conditioning is
the most
comprehensive
reference
available for
strength and
conditioning
professionals. In
this text, 30
expert**

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**contributors
explore the
scientific
principles,
concepts, and
theories of
strength
training and
conditioning as
well as their
applications to
athletic**

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**performance.
Essentials of
Strength
Training and
Conditioning is
the most-
preferred
preparation text
for the Certified
Strength and
Conditioning
Specialist**

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(CSCS) exam.

**The research-
based approach,
extensive
exercise
technique
section, and
unbeatable
accuracy of
Essentials of
Strength
Training and Co**

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**conditioning make
it the text
readers have
come to rely on
for CSCS exam
preparation.
The third
edition presents
the most
current strength
training and
conditioning**

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research and applications in a logical format designed for increased retention of key concepts. The text is organized into five sections. The first three sections provide

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**a theoretical
framework for
application in
section 4, the
program design
portion of the
book. The final
section offers
practical
strategies for
administration
and**

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**management of
strength and
conditioning
facilities.**

**-Section 1
(chapters 1
through 10)
presents key
topics and
current research
in exercise
physiology,**

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**biochemistry,
anatomy,
biomechanics,
endocrinology,
sport nutrition,
and sport
psychology and
discusses
applications for
the design of
safe and
effective**

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**strength and
conditioning
programs.**

**-Section 2
(chapters 11
and 12)**

**discusses
testing and
evaluation,
including the
principles of
test selection**

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**and
administration
as well as the
scoring and
interpretation of
results. -Section
3 (chapters 13
and 14)
provides
techniques for
warm-up,
stretching, and**

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**resistance
training
exercises. For
each exercise,
accompanying
photos and
instructions
guide readers in
the correct
execution and
teaching of
stretching and**

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**resistance
training
exercises. This
section also
includes a set of
eight new
dynamic
stretching
exercises.
-Section 4
examines the
design of**

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**strength
training and
conditioning
programs. The
information is
divided into
three parts:
anaerobic
exercise
prescription
(chapters 15
through 17),**

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**aerobic
endurance
exercise
prescription
(chapter 18),
and
periodization
and
rehabilitation
(chapters 19
and 20). Step-by-
step guidelines**

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**for designing
resistance,
plyometric,
speed, agility,
and aerobic
endurance
training
programs are
shared. Section
4 also includes
detailed
descriptions of**

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how principles of program design and periodization can be applied to athletes of various sports and experience levels. Within the text, special sidebars illustrate how

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**program design
variables can be
applied to help
athletes attain
specific training
goals. -Section 5
(chapters 21
and 22)
addresses
organization
and
administration**

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**concerns of the
strength
training and
conditioning
facility
manager,
including facility
design,
scheduling,
policies and
procedures,
maintenance,**

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**and risk
management.
Chapter
objectives, key
points, key
terms, and self-
study questions
provide a
structure to
help readers
organize and
conceptualize**

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**the information.
Unique
application
sidebars
demonstrate
how scientific
facts can be
translated into
principles that
assist athletes
in their strength
training and**

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exercise
prescription,
resistance training
prescription, muscle
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text explains the
vital role that
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adherence by
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desires, needs, and
lifestyles •
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clients' unique
psychological needs
and using that
information to keep

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them motivated •
Monitoring clients'
needs both as they
are originally
presented and as
they evolve over
time • Applying
strategies for
treating and
preventing overuse
injuries so that
clients avoid injury
and frustration,
thereby avoiding

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to fine tune their exercise routines and provide expertise on the latest fitness trends. Athletes, dancers, rock singers, actors, and others whose professional careers rely on being in shape, retain personal

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trainers to keep them in peak form.

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health by exercising and eating properly, and personal trainers can provide valuable insights in both these areas.

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individualized
exercise program.
Being a personal
trainer is not a
job that can be
taken over by
automation or
outsourced to
another country.
This is work that
needs to be done
face to face, and
your clients come

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to rely on your services. You become an important part of their weekly routine, and you tweak their fitness programs as they go through life. Outstanding personal trainers can keep their

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information
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including the
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