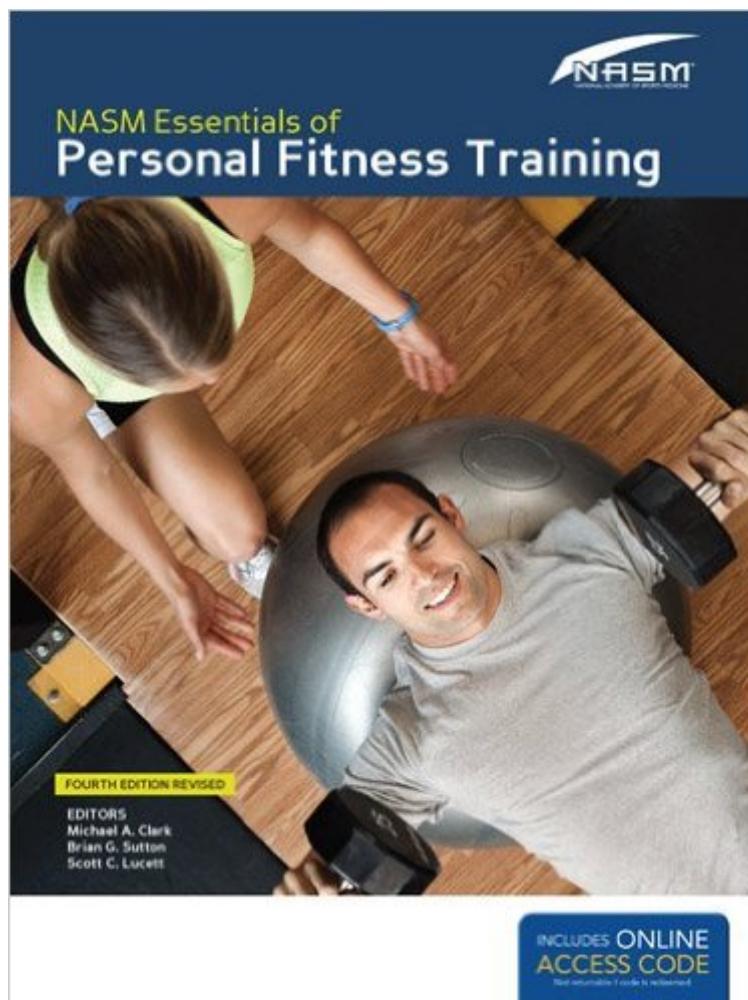


The book was found

NASM Essentials Of Personal Fitness Training: Fourth Edition Revised



Synopsis

This text is a recommended resource for the NASM Certified Personal Trainer (CPT) certification. The NASM CPT certification is accredited by the National Commission for Certifying Agencies (NCCA). Since 1987, the National Academy of Sports Medicine (NASM) has been a global leader in providing evidence-based certifications and advanced credentials to health and fitness professionals. NASM Essentials of Personal Fitness Training, Fourth Edition Revised, continues to lead the way by providing the most comprehensive resource for aspiring personal trainers and other health and fitness professionals. Based on NASM's proprietary Optimum Performance Training (OPT) model, you will learn a systematic approach to program design with exercise program guidelines and variables; protocols for building stabilization, strength, and power programs; guidance on how to build a clientele through professional development; and more! By following the techniques in this book, you will gain the information, insight, and inspiration you need to change the world as a health and fitness professional. Key Features: • Two new chapters: Exercise Metabolism and Bioenergetics and Introduction to Exercise Modalities. • Definitions of Key Terms in the margins, with key terms bolded within the text. • Stretch Your Knowledge boxes emphasize key concepts and findings from current research. • Memory Joggers call out core concepts and program design instructions. • Exercise sections discuss the purpose and procedures of various techniques that can be used with clients. Technique and Safety Tips are also provided. • Summaries that wrap up each chapter to remind you of pertinent material. • Appendices provide 100 additional exercises; OPT workout programs; one repetition maximum conversion charts; and muscle origins, insertions, and functions. • Extensive full-color art and photographs illustrate numerous exercise techniques and anatomy and physiology.

Book Information

Hardcover: 704 pages

Publisher: Jones & Bartlett Learning; 4 edition (June 12, 2013)

Language: English

ISBN-10: 1284036804

ISBN-13: 978-1284036800

Product Dimensions: 1 x 9 x 11.5 inches

Shipping Weight: 3.4 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars (See all reviews) (57 customer reviews)

Best Sellers Rank: #41,322 in Books (See Top 100 in Books) #89 in Books > Education &

Customer Reviews

What I like about NASM's certification program for personal trainers is that they teach you to work on not just strength but flexibility, balance, nutrition, and the mindset of the client. It's an integrated and whole body approach that allows all parts of the body to get fit before adding lots of pounds to their resistance training. It hasn't only helped me as a personal trainer advance through the ranks of my club, but also has given me the tools to really make some incredible changes in some of my clients (the willing one's anyways!). If there were one criticism for this particular textbook, and really the certification in general, it would be the lack of emphasis on anything to do with selling yourself to clients. I found it especially difficult when I first started training in a club environment because I had never had a sales job, nor ever really wanted one. I think a good addition to this textbook would be a book or program designed to help trainers (like myself) who have a true passion for health and fitness but not a very good handle on the sales and marketing part of it. I read a book called The Personal Training Sales Education Textbook: A simple and effective sales system designed specifically for the personal trainer in the health club.. about six months into my career as a personal trainer, and have got to say it really opened my eyes to the fact that, yes this is sales but in order to be successful as a personal trainer I didn't have to give into the high pressured sales techniques that my first manager initially trained me on.

[Download to continue reading...](#)

NASM Essentials Of Personal Fitness Training: Fourth Edition Revised NASM Essentials Of Corrective Exercise Training: First Edition Revised Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy

housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As Short As 3 Days (potty training, toddlers, toddler, toilet training) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) July Fourth Cheer: A Rhyming Picture Book for Children about the Fourth of July, July 4th Cheer and Family Fun on the Fourth of July Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (Bodybuilding Books, Building Muscle, Weightlifting, Fitness Training, Weight Training, Lose Fat Book 1) Running: The Ultimate Guide To Running For Weight Loss, Health And Fitness - Includes Easy To Follow Training Plans For Beginners (How to Run, Jogging, Marathon Training) CROSS TRAINING: No BS Complete WOD Guide to: Lose Weight, Build Muscle, & Get Ripped (Strength Training, Exercise and Fitness, Bodyweight, Home Workout, Fat Loss Book 1) Runner's World Training Journal: A Daily Dose of Motivation, Training Tips & Running Wisdom for Every Kind of Runner--From Fitness Runners to Competitive Racers

[Dmca](#)