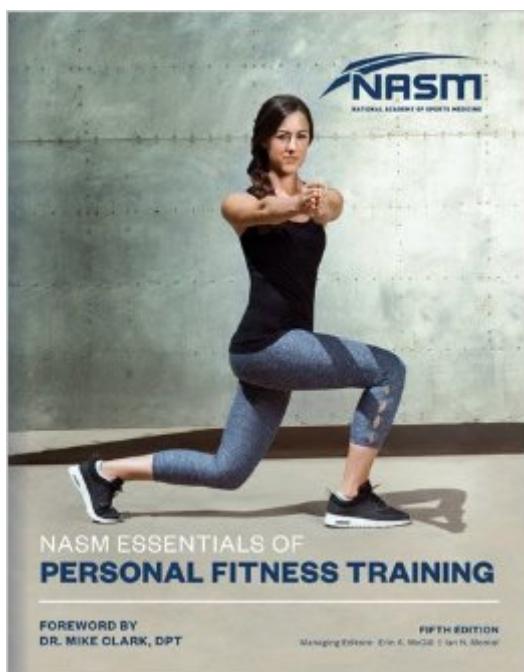


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# NASM Essentials Of Personal Fitness Training (National Academy Of Sports Medicine)



## **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.

## **Book Information**

Series: National Academy of Sports Medicine

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Best Sellers Rank: #22,355 in Books (See Top 100 in Books) #6 in Books > Education & Teaching > Higher & Continuing Education > Test Preparation > Professional > Vocational Tests #46 in Books > Sports & Outdoors > Coaching > Training & Conditioning #294 in Books > Textbooks > Test Prep & Study Guides

## **Customer Reviews**

Needed this book for Certified Personal Trainer class. Love how this book condensed from 21 chapters to 16 chapters and they added a new section on behavior change. Recommend if you're planning to become a personal trainer.

Sometimes the figures don't match to what's being taught. Sometimes the information is incorrect like showing the wrong artery being deoxygenated. And over all the information is badly organized. But it's information you have to have to pass the test.

This will not be the most updated fitness book, but the human body has not changed much last time I checked. A great foundational fitness textbook for those looking to further their education or training. I am personally beginning my studies for the PT exam, no matter which certification your looking to get, this is a good book to have.

Good info. Great price. You're foolish of you don't buy this.

Great book and delivery was fast

very intricate text very handy for trainers

Great quality, fast delivery. Thank you!

Very happy with the price, I loaned out my book and never got it back so was happy to see that this was so affordable, it's not the most recent edition but still very educational.

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