

Exercise Technique Manual for Resistance Training



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Description :

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 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 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 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*
- 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 by body region, with

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H Kauffman



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Manual of Clinical Exercise Testing, Prescription, and Rehabilitation Ziya Altug, Janet L. Hoffman, 1993

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