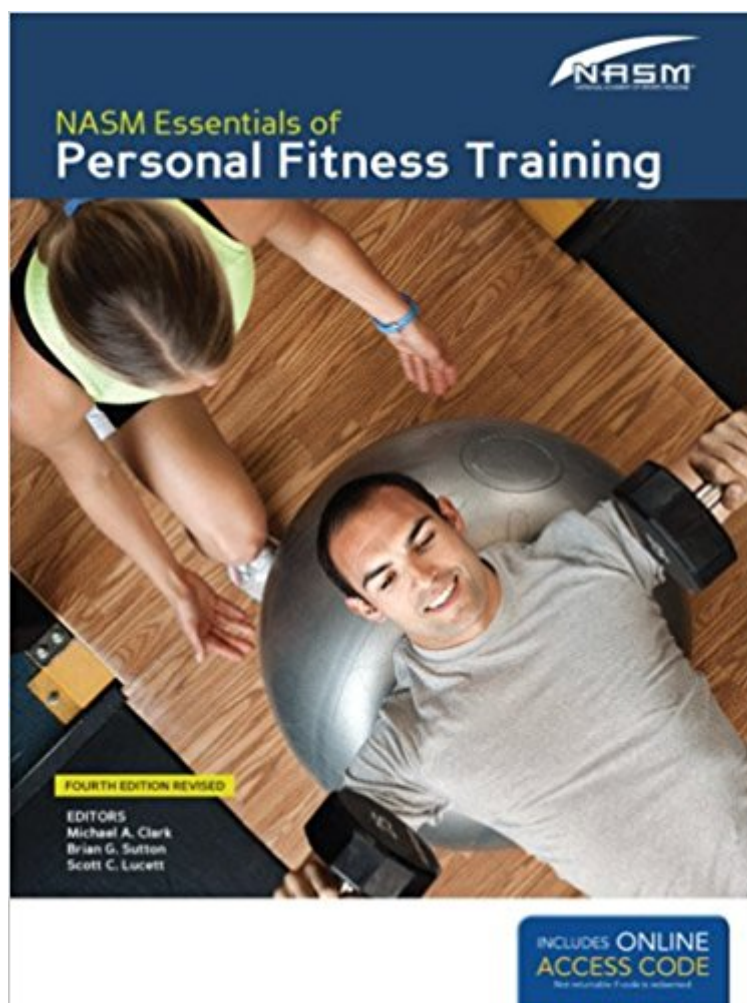


The book was found

# 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: 4.7 out of 5 stars 59 customer reviews

Best Sellers Rank: #44,886 in Books (See Top 100 in Books) #55 in Books > Medical Books > Medicine > Sports Medicine #96 in Books > Sports & Outdoors > Coaching > Training & Conditioning #148 in Books > Education & Teaching > Schools & Teaching > Education Theory > Assessment

## Customer Reviews

I just started studying for the NASM CPT exam, but I highly recommend using the NASM Essentials Of Personal Fitness Training during your study process. The book provides several illustrations that I've caught myself visualizing while studying. The quizzes you have online access to using the code from the book are helpful as an initial knowledge assessment, but I recommend buying the \$5 NASM app in order to gain access to the 500+ question test bank.

I used this for my personal training class and loved it! It is very easy to read and does a great job helping you prepare to be a personal trainer or even just live a healthy lifestyle and keep yourself fit overall. If you are going to be a personal trainer you NEED this book, literally, they test you off of the information inside this book. That being said, I highly recommend it.

Great book. Compliments the online component of the program well. Even after passing the exam, I still lug this text around as a reference.

Get this from before trying to get certified. Much cheaper and this book has a lot of useful information if you are trying to get certified..

Got this to further expand my knowledge as far as fitness and training is concerned. Learning a ton of stuff from this book and have used and implemented some of the concepts in training my friends and family. I plan on doing self study and taking the test one day...

the only book you need to get NASM certified. An extremely helpful resource.

Bought as a gift and they love it

Good for exam prep. Get it new so you get the online support.

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

NASM Essentials Of Personal Fitness Training: Fourth Edition Revised NASM Personal Training Flash Cards: NASM Test Prep Review Book with 300+ Flash Cards for the National Academy of Sports Medicine Board of Certification Examination Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) NASM Essentials Of Personal Fitness Training (National Academy of Sports Medicine) NASM Study Guide 2017-2018: Personal Fitness Training Prep Book and Practice Questions for the National Academy of Sports Medicine Board of Certification Exam 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) NASM Essentials Of Corrective Exercise Training: First Edition Revised Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) 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) 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: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Fitness Journal & Planner: Workout / Exercise Log / Diary for Personal or Competitive Training [ 15 Weeks \* Softback \* Large 8.5" x 11" \* Full Page ... Cycling / Biking ] (Exercise & Fitness Gifts) ACE Personal Trainer Flash Cards: ACE Personal Training Test Prep with 300+ Flash Cards for the American Council on Exercise Certified Personal Trainer Exam Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Modern Essentials Bundle 6th - Modern Essentials 6th Edition a Contemporary Guide to the Therapeutic Use of Essential Oils, An Introduction to Modern Essentials, and Modern Essentials Reference Card Bodyweight Training: Bodyweight Cross

Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)