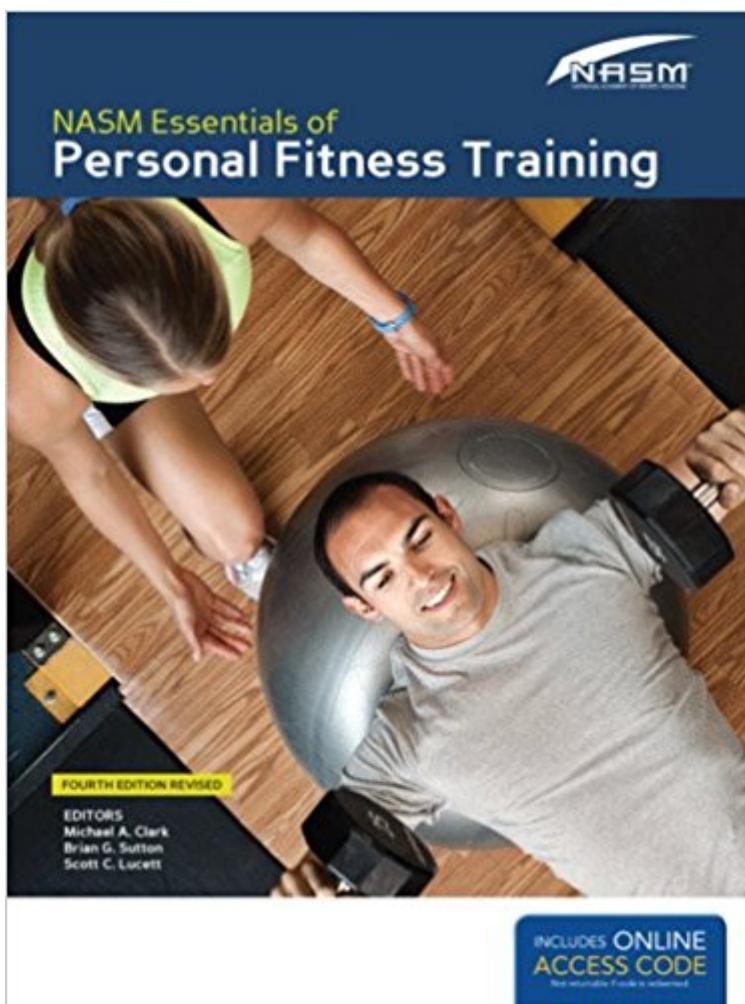


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# NASM Essentials Of Personal Fitness Training: Fourth Edition Revised



## 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

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## 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.

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