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books by best selling author Frédéric Delavier have sold more than two million copies his latest the strength training anatomy workout iii is an advanced guide to the secrets of training it will help you cross the plateau to achieve greater muscle development and gains

acsm s resource manual for guidelines for exercise testing and prescription was created as a complement to acsm s guidelines for exercise testing and prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major

position stands of the acsm the 7th edition provides information necessary to address the knowledge skills and abilities set forth in the new edition of guidelines and explains the science behind the exercise testing and prescription acsm s resource manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training

this text makes the principles and theories of fitness and personal training accessible for all readers helping them understand how the body works and responds to exercise and how to create exercise programs that help clients accomplish their fitness goals

an essential resource to prepare for the acsm certified personal trainer examination acsm s resources for the personal trainer 6th edition provides critical insights for certified personal trainer candidates looking to boost their exam confidence as well as practicing personal trainers who want to take their practice to the next level this updated edition is fully aligned with the eleventh edition of acsm s guidelines for exercise testing and prescription and equips readers with the latest practices in client screening exercise program development and working with special populations published by the american college of sports medicine this top selling text guides readers from an introduction to the profession and the science behind the field through the building blocks of a successful exercise program and ultimately the establishment of a successful personal training practice engaging case studies and study features help ensure the retention for success on the acsm cpt exam and provide prospective and practicing personal trainers with both the tools and scientific evidence to build safe and effective exercise programs for a variety of clients

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