

Nasm Fitness Nutrition Specialist Ebooks Free

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, 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 (OPTtm) 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. 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).

"A look at personal training that goes beyond the textbooks." - Muscle & Fitness Now in a revised, expanded, and upgraded edition, Ignite the Fire is the highly practical approach to personal training already relied on by thousands of trainers Worldwide. Repeatedly called one of the "best books for personal trainers", it provides a clear road map teaching you how to become a personal trainer, to getting a personal trainer certification, to building your career from the bottom up so you can build a clientele, your reputation, and income. HAVE YOU EVER wanted to know the best, high-integrity techniques to get more clients, run a fitness business, or have a solid system for selling personal training? You're not alone. For years Jon's been asked these questions so he read, watched, researched and interviewed the best in the world to compile Ignite the Fire. This powerful book for certified personal trainers will show you how to: Find your dream job in the fitness industry (pg 26) Find, market to, and sell your ideal client while seamlessly dealing with objections (pg 64) Build amazing workouts for beginners (pg 124) Deal with difficult client types (pg 160) Develop multiple income streams while maintaining your reputation (pg 202) Ignite the Fire provides a clear road map to building your career from the bottom up so you can build a clientele, your reputation, and income.

"Since 1983, AFAA has pioneered and set the fundamental movement standards in the fitness industry. With more than 350,000 certifications issued in 73 countries, AFAA-trained instructors have motivated millions of people toward healthier and happier lives. Through this course, you will acquire the knowledge and practical skills needed to inspire positive life changes as a group fitness instructor. Whether your clients are interested in dance, resistance training, yoga, mat pilates, indoor cycling or cardio, you'll be prepared with the foundation needed to lead any group with confidence. This textbook includes all the latest science on human movement and exercise, plus over 30 years of insights straight from the experts. The easy-to-read format supports a multi-layered learning experience with a focus on real-life application" -- Developed by the National Strength and Conditioning Association (NSCA) and now in its fourth edition, Essentials of Strength Training and Conditioning is the essential text for strength and conditioning professionals and students. This comprehensive resource, created by 30 expert contributors in the field, explains the key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance. The scope and content of Essentials of Strength Training and Conditioning, Fourth Edition With HKPropel Access, have been updated to convey the knowledge, skills, and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist (CSCS) exam. The evidence-based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation. The text

is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning facilities. The fourth edition contains the most current research and applications and several new features: Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use. Updated research—specifically in the areas of high-intensity interval training, overtraining, agility and change of direction, nutrition for health and performance, and periodization—helps readers better understand these popular trends in the industry. A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements. Ten additional tests, including those for maximum strength, power, and aerobic capacity, along with new flexibility exercises, resistance training exercises, plyometric exercises, and speed and agility drills help professionals design programs that reflect current guidelines. Key points, chapter objectives, and learning aids including key terms and self-study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts. Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real-world settings, making the information immediately relatable and usable. Online learning tools delivered through HKPropel provide students with 11 downloadable lab activities for practice and retention of information. Further, both students and professionals will benefit from the online videos of 21 foundational exercises that provide visual instruction and reinforce proper technique. Essentials of Strength Training and Conditioning, Fourth Edition, provides the most comprehensive information on organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. Its scope, precision, and dependability make it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

The flagship title of the certification suite from the American College of Sports Medicine, ACSM's Guidelines for Exercise Testing and Prescription is a handbook that delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student. The 9th edition focuses on evidence-based recommendations that reflect the latest research and clinical information. This manual is an essential resource for any health/fitness and clinical exercise professional, physician, nurse, physician assistant, physical and occupational therapist, dietician, and health care administrator. This manual give succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients.

If you're short on time and sick of the same old boring cardio routine and want to kick your fat loss into high gear by working out less and...heaven forbid...actually have some fun...then you want to read this new book. Here's the deal: The "old school" of cardio has you doing grinding, grueling long-distance runs or bike rides for hours and hours each week to burn a little bit of fat and, unfortunately, eat away muscle too (giving you that "skinny and flabby" look). Fortunately, the science of exercise has progressed and the "new school" of cardio has arrived, and it's a dream come true. If you follow the rules of the "new school" of cardio, you can have a lean, toned body by working out less than 20 minutes per day (you can even get in an intense, fat-burning workout in 5 minutes if you know what you're doing!). In this book, you're going to learn how to spend less time exercising to burn more fat and build muscle, and you won't have to ever step foot in a gym if you don't want to. And it's a fast read--no fluff here. Here are some of the secrets you'll learn inside: The 4 biggest weight loss myths and mistakes that keep people fat and stuck in a rut. If you've fallen victim to any of these (and most people have), you NEED to have this information. The 3 simple laws of healthy fat loss. All workable weight-loss methods rely on the three simple rules to achieve results, and once you know them, you

don't need to chase fads. Why long-distance jogging is an incredibly inefficient way to lose weight and what you should do instead to have a lean, sexy body that you're proud of. (The good news is it's easy and takes no more than 20 minutes per day!) A fat-incinerating method of cardio that you can literally do during the 2-3 minute commercial breaks of your favorite TV shows. 4 killer circuit training workouts that not only melt fat but give you hard, rippling muscles that will make people green with envy. And more... This book is for people that hate doing cardio and want to squeeze every ounce of fat loss possible out of their workouts. Forget pounding the pavement for hours and hours every week just to lose a little fat and muscle. Follow the methods taught in this book and you can torch fat in a fraction of the time and get tight, toned muscles (and you might actually have some fun too!). **SPECIAL BONUS FOR READERS!** With this book you'll also get a free 23-page bonus report from the author called "12 Health & Fitness Mistakes You Don't Know You're Making." In this free bonus report, you're going to learn the truth behind 12 of the most common health & fitness myths out there that ruin people's efforts to get fit. If you've ever wondered about things like if your genetics are holding you back, if you should stretch before lifting weights, if certain exercises shape your muscles better than others, and if you should shoot for a "target" heart rate zone to burn fat, then you need to read this report. Scroll up and click the "Buy" button now and learn what some of the top athletes in the world know about getting a lean, sexy body!

Nutrition is unique in its behavioral approach--challenging students to actively participate, not just memorize the material. Offering a balanced coverage of behavioral change and the science of nutrition.

A practical guide to important principles and theories in exercise physiology, kinesiology, nutrition, psychology and measurement and their application to physical fitness testing and exercise programme design.

NASM Essentials of Personal Fitness Training Lippincott Williams & Wilkins

Tired of busting your butt in the gym without seeing the benefits of your hours of toil? For less than half the price of a personal training session at a corporate box gym, you can unlock the secrets of the two most successful Metroflex Gym trainers. Josh Bryant and Brian Dobson have put their heads together to bring you their closely guarded training secrets in an easy to understand format. Metroflex Gym, in the heart of Arlington, Texas, is the breeding ground to scores of bodybuilding and strength champions including Ronnie Coleman and Branch Warren. Both of whom have trained under the tutelage of Josh or Brian. Not only does this book contain over 50 different routines and 170 exercises that Josh and Brian have used to build champions, but it also gives you the tools necessary to build and execute your own program. You will learn how to incorporate strongman training, interval fat-loss conditioning, and assistance exercises into your workouts. Whether you are a novice bodybuilder, elite powerlifter, or just want to gain some muscle, this 300+ page book will benefit your training. You will see how old school training methodologies can be combined with cutting edge techniques to create a bigger, more powerful you.

Your success as a fitness professional depends on your ability to reliably deliver results to clients. In *Secrets of Successful Program Design: A How-To Guide for Busy Fitness Professionals*, noted fitness and program design expert Alwyn Cosgrove and his director of programming, Craig Rasmussen, share Alwyn's proven system for creating programs that take clients from where they are to where they want to be. You'll learn how to properly assess a client and design the most effective program based on their individual goal—whether that is fat loss, muscle and strength building, or improved overall conditioning. You'll also learn how to customize the training experience of your client on the fly, effectively progressing and regressing exercises according to day-to-day fluctuations in abilities and needs. This will ensure you are delivering the best results possible for each client every time they train. This guide to building training programs is supplemented with a selection of predesigned workouts that will draw on your skills for progressing and regressing exercises, saving you valuable time and energy

while still allowing you to produce a personalized experience for your client. A reliable system-based approach to program design that consistently delivers results to every client—regardless of demographic profile, ability, or goals—will set your training business up for success in the incredibly competitive fitness market. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The Secrets of Successful Program Design Online CE Exam may be purchased separately or as part of the Secrets of Successful Program Design With CE Exam package that includes both the book and the exam.

What are the biggest obstacles to sticking to a workout plan? You don't have enough time? It costs too much? You don't have enough equipment? You don't know how to get the results you want? Now you can set those excuses aside. Smarter Workouts: The Science of Exercise Made Simple gives you the solution you need with efficient and effective workout programs that use only one piece of equipment. You can work out in a short period of time without spending a lot of money on expensive equipment or gym memberships—all while targeting your personal goals. Exercise doesn't have to be difficult to figure out. In Smarter Workouts, fitness expert Pete McCall explains the effects of exercise on your body so you can identify what will work best for you. He gives you access to fat-burning workouts that help you work smarter to produce real results. First, choose your target: improving mobility for better balance and coordination, strengthening your core for better functional movement, or amping up your metabolism with sweat-inducing conditioning work. Then select one of seven equipment options to perform your workout: Bodyweight Dumbbell Kettlebell Medicine ball Stability ball Sandbag Resistance band Armed with a variety of exercises and organized plans, you'll flow quickly through your workouts, saving precious time and experiencing real results. Put an end to your frustration and let Smarter Workouts be your go-to guide for smart, effective workouts. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The Smarter Workouts Online CE Exam may be purchased separately or as part of Smarter Workouts With CE Exam, a package that includes both the book and the exam.

"This text teaches future sports performance coaches and other trainers how to strategically design strength and conditioning programs to train athletes safely and effectively. You will learn NASM's systematic approach to program design with sports performance program guidelines and variables; protocols for building stabilization, strength, and power programs; and innovative approaches to speed, agility and quickness drills"--Provided by publisher.

This guide describes 65 of the most effective exercises for strength, definition, and muscle size. Full-color anatomical illustrations show which muscles are being worked as well as proper alignment, positioning, and lifting techniques.

The book details how to attain a fit, lean and healthy body through properly designed nutrition and results driven exercise. The book includes training methods and illustrated workouts, recipes, two complete meal plans and tips to guarantee your success.

The bottom line is that many roads lead to muscle building. Now, you could stay on the long, meandering, played-out paths. Or, you could get on the fast track to muscle growth. We are offering you a direct route to a time-efficient system that triggers hypertrophy, strength, greater work capacity, and more fat loss. In fact, this training protocol is built around getting more muscle in shorter intervals of training. With precise prescriptions and subtly important tweaks to individualize the programming to your needs, we take the guesswork out of your workout program. Training sessions in the Tactical Density Training program are divided into four quarters, just like a football game. Each quarter is symbolic and has a specific purpose, intention, and goal. It is an easy to follow route to your muscle building destination. With Tactical Density Training you will spend less time in the gym while getting more results.

Embrace Devotion Generate Excellence is primarily designed to provide people of all fitness levels an exercise program that will enhance functional movement, increase lean muscle, decrease body fat and improve overall performance in all areas of your life. In addition, we want to ensure that even beginners can utilize this program and avoid the guesswork which comes with most exercise programs. The workouts provided in the manual are specifically designed for the bodypart training enthusiast. There are many styles of exercise but I have experienced the most amount of success both client and personal training this style. The manual provides over sixty workouts that are unique from each other with a goal to increase endurance, musculature, size and strength while reducing body fat and problem areas. When I first decided to build this manual, I had one goal in mind. Help people understand that individual bodypart training can be just as creative and exciting as any fitness trend out there. The manual will provide many techniques to target all your muscles in many different ways. I've always believed in changing the workout no matter how good it was. The main reason is so I'm constantly shocking the muscle. The other reason is so that you are never overworking one area of your muscle. You will be balanced in all areas which will help you avoid having weak areas in your physique which is common with most people because they tend to concentrate on their stronger areas more than weak areas. The theme of each workout can be used more than once with a simple plug and play approach for different exercises. In addition, you will the nutrition section will help you get started on making better choices and understanding how nutrition plays a key role to your success. I have been in the fitness industry since I am 15 years old. I have nationally top ranked certifications in all areas of exercise ranging from general fitness to sports therapy and performance. Combined with 18 years of experience this manual is going to provide you with proven methods to help you reach your goals as quickly as possible. I want others to realize all they can accomplish for their health and fitness. My passion for fitness and the knowledge I have acquired through my research creates a link in people's lives that will allow them to connect to their best self, leading them to a happier and healthier life.

Sports Nutrition for Health Professionals merges the basic principles and latest evidence-based scientific understanding of sports nutrition with the real-world practical applications that health professional students must master to help their current and future clients to optimize athletic performance, overall satisfaction and success with sports and physical activity. Step-by-by, you'll learn about the scientific basis of sports nutrition and how to apply that knowledge to real-life situations and interactions with clients. You'll follow six different clients as they are evaluated by a variety of health professionals and undergo a series of assessments and self-administered tests. By seeing how the science of Sports Nutrition can be applied to sample clients, you will be able to take that knowledge and apply it to your future clients. America's top personal trainer, holistic nutritionist and health expert, Ben Greenfield, shows you how to overcome

common health-related training issues while optimizing your workouts so you can look, feel, and perform like a champion. You have amazing physical goals. You want the best body you can get. You want to look, feel, and perform like a champion. So you beat yourself up with tough training, day after day, week after week, month after month. As a result, you're held back by frustrating issues like brain fog, broken gut, hormone depletion, heart problems, and destroyed joints--limited to living at a fraction of your peak capacity and powerless to tap into your full potential and achieve your dreams. But it's possible to be healthy on the outside and on the inside. This book gives you every training, nutrition, and lifestyle solution you need to do it, including:

- The 2 best ways to build endurance fast without destroying your body
- Underground training tactics for maximizing workout efficiency
- The best biohacks for enhancing mental performance and instantly entering the zone
- How to know with laserlike accuracy whether your body has truly recovered
- 26 ways to quickly recover from workouts, injuries and overtraining
- The 25 most important blood and saliva biomarkers and how to test them
- 5 essential elements of training that most athletes neglect
- 7 stress-fighting weapons to make your mind-body connection bulletproof
- Proven systems to enhance sleep, eliminate insomnia, and conquer jetlag
- 40 high-calorie, nutrient-dense meals that won't destroy your metabolism
- Tools for customizing your carbs, proteins and fats for your unique body and goals
- 9 ways to fix a broken gut, create toxin-free life, and detox your body
- A complete system to safeguard your immune system and stomach
- Potent time-efficiency tips for balancing training, work, travel, and family.

Whether you're an extreme exercise enthusiast or just looking to shed a few pounds, this is the last book on training, endurance, health, and life you will ever need.

Not just for physique competitors, this guide can help anyone meet their goals with a whole foods, plant-based, vegan diet. You will learn how to:

- Calculate the time to reach your goal
- Apply strategies to build muscle and lose fat
- Assess your progress
- Create workout routines
- Design meal plans that hit your targets

In addition to these customizable tools and formulas, this book includes eight sample menus, three weight-lifting routines, eight cardio workouts, recipes, and more! Derek Tresize and Marcella Torres are the husband and wife team of competitive vegan bodybuilders behind Vegan Muscle and Fitness at www.veganmuscleandfitness.com. Owners of Richmond, Virginia's only plant-based personal training studio, Root Force Personal Training, the pair seeks to promote a fit and active plant-powered lifestyle and shatter the perception that strength and athleticism can't be achieved with a plant-based diet.

Are you tired of high-priced, fad diets that are low on results? The reason you've failed in the past is because you've done nutrition someone else's way. It's time to do nutrition your way! For the cost of a meal at your local fast food joint, you can have the ultimate nutrition blueprint that shows you exactly how to design a nutrition plan customized to your lifestyle, preferences and commitment level. *Nutrition, Your Way* teaches you the exact principles organized in a hierarchy

that begins with calories and ends with supplements. All the information has been proven time and time again in the trenches and backed by science. Your life, your terms, your way!

What is the healthiest way to eat? In today's society there is an endless stream of health professionals telling us what we should and shouldn't eat, but very few of them ever seem to agree with each other! The nutritional minefield that has arisen from significant discrepancies in scientific research can be confusing and frustrating to navigate. Just how do you 'eat healthily'? Should you be cutting out all carbs, or just some? Should you swear off meat? Or dairy? Should you be restricting calories? No one seems to have a definitive answer. Take a step back from the madness What if we took a step back from the nutrition minutia and looked at the big picture? That's the strategy employed in Traditional Nutrition. Instead of poring over contradictory evidence and scrutinizing every last study variable, Ben Hirshberg looks instead to history's healthiest human populations. Through the examination of Weston A. Price's research and revelations from the Blue Zones, Hirshberg brings a refreshingly open-minded and honest approach to both diet and lifestyle. Going above and beyond a simple focus on diet, other common factors are explored and simple lessons emerge, teaching us how we can increase our health and general wellbeing without searching for superfoods or the latest diet fad. So what's the answer? The answer, quite simply, is that there is no one diet that is a best-fit for everyone. There is no reason to force yourself to adhere to a strict eating regimen or forgo your favorite foods. The healthiest populations from around the world have great variety in their diets, and this is a fact that should be celebrated. If you want a balanced and thoughtful look at the healthiest groups of people to ever walk the earth while learning how to increase your own health and longevity, crack open a copy of Traditional Nutrition.

DO YOU WANT TO KNOW HOW YOU CAN LOSE WEIGHT AND BUILD MUSCLE FAST, STARTING RIGHT NOW? THIS BOOK WILL LET YOU IN ON THE SECRET! Everyone knows how important it is to maintain a healthy physique. Often, achieving the ideal body requires you to lose weight and build lean muscle. But how do you do that? To become physically fit, you need to have the knowledge necessary to get you on your way and the motivation required to keep you going. Don't you wish that you can get your hands on an ultimate fitness guide so that you could start understanding your body's needs, lose weight, and stay motivated? Well, I've got good news for you. This book will teach you how your body works and what it needs to lose those extra pounds so that you could achieve and maintain a fit and toned physique. With the knowledge you will gain from this book, you will be on your way to getting the amazing body that you want!

Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's

Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

An all-inclusive fitness guide aimed at staying healthy after 40.

NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum, a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury. This textbook includes several new chapters that were not included in NASM's previous corrective exercise materials, including the rationale for corrective exercise training, assessments of health risk, static postural assessments, range of motion assessments, and strength assessments (manual muscle testing) as well as corrective exercise strategies for the cervical spine, elbow, and wrist. There are more than 100 corrective exercise techniques in the categories of self-myofascial release, static stretching, neuromuscular stretching, isolated strength training, positional isometrics, and integrated dynamic movements included in the text. These, along with corrective exercise strategies for common movement impairments seen in each segment of the body, make this text the premier resource for learning and applying NASM's systematic approach to corrective exercise training.

Publisher's Note: Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality, authenticity, or access to any online entitlements included with the product. New from the American College of Sports Medicine! This clear and highly applied overview of exercise nutrition illustrates difficult concepts using real-world examples and case studies that allow students to put learning into practice. Well-known author Dan Benardot draws on his vast experience as an instructor, scientist, and practitioner to craft an engaging and factual resource that makes the nutrition of exercise science accessible. Written at a level appropriate for both exercise science majors and non-majors, this practical book is packed with helpful in-text learning aids and stunning visuals that bring concepts to life. As an ACSM publication, this text offers the unsurpassed quality and excellence that has become synonymous with titles by the leading exercise science organization in the world. eBook available. Faster, smarter, and more convenient, today's eBooks can transform learning. These interactive, fully searchable tools offer 24/7 access on multiple devices, the ability to highlight and share notes, and much more. Case studies with discussion questions in every chapter show real-world application of the science of nutrition. Important Factors to Consider boxes throughout chapters summarize key points. Practical advice and clear

explanations in every chapter prepare students for effective practice. In-text learning aids, including Chapter Objectives, boxed Key Terms, bulleted Chapter Summaries, and multiple-choice Chapter Questions, help students master the content of the course. Practical Application Activity boxes that challenge students to get actively involved with the content include such activities as using a nutrition tracker to assess their diet for a full day and analyze their energy balance. Working out but not getting results? If you're seeking improved fitness and muscle tone or a slimmer, more ripped physique, *Body Trainer for Men* is your ticket to an ideal physique. Fitness expert and writer Ray Klerck, one of the world's most sought-after personal trainers, has produced a comprehensive fitness guide specifically tailored to the unique needs and goals of men. In this book, you will find workout programmes that can be performed at home or in the park as well as in the gym, making this resource completely accessible and convenient. *Body Trainer for Men* offers solutions to the most common issues men face inside and outside the gym. So if you are stressed or overweight and want to muscle up in a short time, now you have the means to fix these problems without spending for a personal trainer. The methods and training plans are all linked, so rather than being forced into a particular goal, you can make desired improvements concurrently. Whatever your present needs or future goals may be, you'll find the advice in this guide 100 per cent effective.

Comprehensive and research based, the second edition of NSCA's *Essentials of Personal Training* is the resource to rely on for personal training information and guidance. With state-of-the-art knowledge regarding applied aspects of personal training as well as clear explanations of supporting scientific evidence, *NSCA's Essentials of Personal Training, Second Edition*, is also the authoritative preparation text for those preparing for the National Strength and Conditioning Association's Certified Personal Trainer (NSCA-CPT) exam. This essential reference was developed by the NSCA to present the knowledge, skills, and abilities required for personal trainers. With contributions from leading authorities in the field, the text will assist both current and future personal trainers in applying the most current research to the needs of their clients: A discussion on nutrition outlines the role of the personal trainer in establishing nutrition guidelines, including the application of nutrition principles for clients with metabolic concerns. The latest guidelines on client assessment from prominent organizations—such as the American Heart Association (AHA) and Centers for Disease Control and Prevention (CDC)—keep personal trainers up to speed on the latest assessment protocols. New information is presented on flexibility training and cardiovascular exercise prescription as well as a discussion of research on the effectiveness of stability ball training. Revised information on design of resistance training programs incorporates the latest information on the application of periodization of training. New information addressing injuries and rehabilitation prepares personal trainers to work with clients with special concerns such as orthopedic conditions, low back pain, ankle sprains, and hip

arthroscopy. New guidelines for determining resistance training loads will assist those whose clientele includes athletes. A variety of fitness testing protocols and norms allows readers to select from several options to evaluate each component of fitness. A new instructor guide and image bank aid instructors in teaching the material to students. NSCA's Essentials of Personal Training, Second Edition, focuses on the complex process of designing safe, effective, and goal-specific resistance, aerobic, plyometric, and speed training programs. Featuring over 200 full-color photos with accompanying technique instructions, this resource offers readers a step-by-step approach to designing exercise programs with special attention to the application of principles based on age, fitness level, and health status. Using comprehensive guidelines and sample clients portrayed in the text, readers can learn appropriate ways to adjust exercise programs to work with a variety of clients while accommodating each client's individual needs. Personal trainers will appreciate the book's presentation of detailed exercise programming guidelines for specific populations. Modifications and contraindications to exercise are given for prepubescent youth, older adults, and athletes as well as for clients who are overweight or obese or have eating disorders, diabetes, heart disease, hypertension, hyperlipidemia, spinal cord injury, multiple sclerosis, and cerebral palsy. In addition, the book provides clear, easy-to-understand guidelines for initial client consultation and health appraisal. For those preparing for the NSCA-CPT exam, this second edition features new and revised study questions at the end of each chapter. These questions are written in the same style and format as those found on the NSCA-CPT exam to fully prepare candidates for exam day. For efficient self-study, answers to study questions and suggested solutions for the applied knowledge questions are located in the back of the text. Chapter objectives and key points provide a framework for study and review of important information, while sidebars throughout the text present practical explanations and applications of scientific concepts and theory. The second edition of NSCA's Essentials of Personal Training is the most comprehensive resource available for current and future personal trainers, exercise instructors, fitness facility and wellness center managers, and other fitness professionals. Unmatched in scope, this text remains the leading source for personal training preparation and professional development.

The two hottest trends in wellness made deliciously easy! Personal trainer and fitness expert Casey Thaler provides 210 ketogenic recipes for every meal of the day—fully endorsed by Instant Pot®. Eating keto has never been easier, thanks to the Instant Pot®, an electric multicooker that can sauté, bake, slow cook, and pressure cook healthy, flavorful meals. Perfect for all models of the Instant Pot, we're serving up 210 wholesome recipes that will have you eating in a fraction of the time. Casey's delicious meals contain no processed foods, are free from sugars, and omit inflammatory grains. You'll feel great indulging in keto staples like Easy Healing Bone Broth and Butter Pecan Fat Bombs; comfort food favorites like Classic Lasagna, Chicken Pot Pie, and Basil-Lime Carnitas; and guilt-free desserts like Luscious Lemon Squares, Soft

and Chewy Chocolate Chip Cookie Bites, and more. Featuring guest recipes from some of the biggest names in the paleo and keto communities-like Danielle Walker, Dr. Kellyann Petrucci, and Robb Wolf-THE ESSENTIAL INSTANT POT® KETO COOKBOOK is your ultimate resource for eating clean and getting lean.

In The Self Help Book: 6 Practical Ways to Never Stop Growing, author and coach Jared Graybeal outlines six practical ways to live a life of constant growth while avoiding stagnation or burnout. Confidence. Competence. Clarity. Character. Connections. Commitment. This short, insightful guide is filled with inspiration and encouragement and is designed to give you the perspective you're looking for, no matter what's going on in your life. Pick it up each year or turn to it whenever you have questions and find the answers you need. Just relocated to a new city? Revisit the connections chapter. Struggling in your personal life? Revisit the chapter on character. Every time you turn to The Self Help Book, you'll walk away encouraged, knowing that every day is an opportunity to grow and that you have the ability to do so. Are you ready for something new? Do you struggle to find the time to pray and meditate? Are you in need of new healthy recipes to implement a healthy eating regime? Do you aimlessly workout and need plans designed to help the kinetic chain function properly to promote maximum results? Think about the way you feel after a good workout, or eating a healthy meal. Are you less anxious after moments of prayer and meditation? Brandy L Verdin is a retired NASM Certified Personal Trainer and Fitness Nutrition Specialist. She specializes in helping women discover how physical, mental, and spiritual strength complement one another. Brandy's interactive book will enable you to spend quality time reflecting on life and implementing a spiritual lesson to each devotional. Through this interactive book, you can experiment with new healthy eating recipes and workout plans to help promote a healthier version of who you are. You will discover how changes in your thoughts, eating habits, and implementing physical fitness into your life can groom you into the woman God created you to be. You were designed to be healthy, happy, whole, reliable, active, and filled with dignity.

"Do You Have These Questions About Personal Training?" How do I overcome the "too-expensive" objection? How do I market myself as a trainer? What do I do when my clients keep cancelling? How do I (or can I) advise clients on nutrition? How do I sell personal training? What are my options for multiple income streams? From the author of the highly acclaimed, Ignite the Fire: The Secrets to Building a Successful Personal Training Career comes a handy reference guide that answers all of your questions about personal training. From the UK to Canada, United States to Australia, and everywhere in between, Jonathan Goodman has been answering questions about succeeding in personal training to 100's of thousands of trainers Worldwide since 2009. For the first time ever, these 48 invaluable answers have all been compiled into one handy reference – no stone is left unturned. Amongst other things, you'll finally know how to: Market, sell, and keep clients Get your career started right Deal with all possible objections Deal with difficult client types Become more organized and efficient every day Turn your job into a career by making more money both in-training, and beyond. With the Personal Trainer Pocketbook by your side, you'll never be alone again.

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Head-to-toe preparation for a successful career in personal training Training authority Robert Wolff walks you through the core subject areas you need to pass certification and get started as a personal trainer. Guiding trainers throughout the entire certification process, Become a Certified Personal Trainer goes through sample questions and essays for each of the top exams, and also provides much-needed advice about the business-side of the job. Become a Certified Personal Trainers shows you: An inside look into the top organizations and how they would train you How to approach assessments and protocols for working with specific body types Psychology you need to know about clients and ways to modify their behavior Basics on nutrition, supplementation and weight management Physical preparation in and out of the gym Business lessons: finding clients, making yourself stand out from the competition and starting a savings plan Mistakes to avoid concerning training and business moves Real world examples from top personal trainers/athletic trainers that share their experiences Whether becoming a trainer is your dream job or you're already in the field, Robert Wolff provides everything you need to give your and your clients the best chance at success.

NSCA's Essentials of Sport Science provides the most contemporary and comprehensive overview of the field of sport science and the role of the sport scientist. It is a primary preparation resource for the Certified Performance and Sport Scientist (CPSS) certification exam. This second edition has been updated by include MyPyramid and the 2005 Dietary Guidelines as well as coverage of material such as digestion, metabolism, chemistry and life cycle nutrition.

NASM Study Guide: NASM Personal Training Book & Exam Prep for the National Academy of Sports Medicine CPT Test Developed for test takers trying to achieve a passing score on the NASM-CPT Exam, this comprehensive study guide includes: -Quick Overview -Test-Taking Strategies -Introduction -Basic and Applied Sciences and Nutritional Concepts -Assessment -Program Design -Exercise Technique and Training Instruction -Client Relations and Behavioral Coaching -Professional Development and Responsibility -Practice Questions -Detailed Answer Explanations Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the NASM-CPT Exam. The practice test questions are each followed by detailed answer explanations. If you miss a question, it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future. The answer explanations will help you to learn from your mistakes and overcome them. Understanding the latest test-taking strategies is essential to preparing you for what you will expect on the exam. A test taker has to not only understand the material that is being covered on the test, but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors. Anyone planning to take the NASM-CPT Exam should take advantage of the review material, practice test questions, and test-taking strategies contained in this study guide.

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