

The background of the cover is a photograph of a male personal trainer in a grey t-shirt and blue shorts, kneeling on a blue mat and smiling as he assists a female client. The client is wearing a purple tank top and is in a lunge position, leaning forward with her hands on the mat. The setting appears to be an outdoor or well-lit indoor space with a blurred background of buildings.

**NASM ESSENTIALS OF
PERSONAL FITNESS TRAINING**

SIXTH EDITION

National Academy of Sports Medicine (NASM)

NASM Essentials of Personal Fitness Training



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Pursue. Gain the information, insight, and inspiration you need to change the world as a fitness professional. Inspire. Transform. Since 1987, the National Academy of Sports Medicine (NASM) has been a global leader in providing evidence-based certification and specializations. You can also learn the foundations of exercise science, fitness assessments, nutrition, and how exactly to grow an individual training business. Reader-friendly content includes:- Brand-new NASM-CPT Exam Prep Content material provides Quick Check Principles, test taking guidelines, as well as updated science highly relevant to the personal trainer- Protocols for building stabilization, strength, and power program- Exercise techniques, purpose, and safety tips- Important definitions bolded and defined- Stretch out Your Knowledge boxes emphasizing main concepts and current research- Memory Joggers highlighting principles and program design instructions- Chapter Summaries with key point reminders- Extensive full-color images and charts- In addition you'll get over 100 extra exercises; Through NASM's proprietary Ideal Performance Schooling (OPTTM) model, this text will teach you a systematic approach for designing exercise programs that can help anyone reach their fitness goals. NASM Essentials of Personal Fitness Teaching, 6th Edition, continues to lead the way by providing the most comprehensive resource for aspiring personal trainers, health and fitness professionals and lovers. OPT workout programs; one repetition maximum conversion chart; and a muscles origin, insertion, and function guide



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Make sure to go over page 183! The reserve provides several illustrations that I've captured myself visualizing while studying. A very large portion of the test is based on Compensations, Muscles Imbalances, and Corrective Strategies, so make sure that you totally understand page 183. Another tip would be to not spend period memorizing, but instead function to comprehend the concepts. Perfectly written textbook, by a reputable company. but I highly recommend using the NASM Essentials Of Personal Fitness Training during ... I just started studying for the NASM CPT examination, but I recommend using the NASM Essentials Of Personal Fitness Schooling during your study process. Read it front side to back, and managed to pass the test on the first try. The quizzes you possess online access to using the code from the reserve are helpful as an initial knowledge evaluation, but I recommend buying the \$5 NASM app in order to gain access to the 500+ question check bank. It is not weighty and the hardcover will make it readable at a table or with knees up. It is extremely easy to read and . Essential for aspiring Personal Trainers The NASM: CPT course at this present time is arguably the very best overall fitness expert program out there. Similar to a Pod Cast with some helpful images The information could be really helpful in explaining things and entering a whole lot of detail, however the visual effects are pretty last century. We used this for my own training class and loved it! It is extremely easy to read and does an excellent job assisting you prepare to become a fitness expert or even simply live a wholesome lifestyle and remain fit overall. How thin? Learning a ton of stuff from this book and have used and applied some of the ideas in training my relatives and buddies. Necessary for CPT Class Needed this book meant for Certified FITNESS EXPERT class. Legit Not much to examine, the book is really as advertised and great quality. Recommend if you are planning to turn into a personal trainer. For Now 3 Stars This is an initial review predicated on first impressions. I plan to update my evaluate in a couple weeks. The three-star rating is founded on the physical quality of the book. CON:-- The physical quality of the publication makes me question about its longevity.-- The binding is good, however the color pages are very thin. If you are going to be a personal trainer you NEED this book, literally, they test you off of the info inside this reserve. (Doesn't hurt to mention also that buying the reserve on amazon is your very best bet if you're unsure like me about learning to be a personal trainer. Get you one Simply the book I need to become the finest CPT !-- I doubt the pages will stand up to a soft pencil if trying to take down notes, I can predict the web pages will tear from the pencil lead.-- There can be no highlighting as any liquid will immediately bleed through and the pages will certainly warp given the publication arrived on a chilly day and the very best and bottom edges of the publication web pages have waves (see attached images). about as thin as a Bed Bath and Beyond sales circular or a weekly coupon circular in the Sunday paper. Hope this can help! We used this for my personal training course and loved it!-- The book has over 700 pages, nonetheless it is not all text, it really is filled with charts, diagrams, and images of exercises (see attached images)! Shipped quickly. Good book and incredibly useful info for those considering personal training or simply to further their knowledge of fitness. Got this to further expand my knowledge so far as fitness and training can be involved. That said, I highly recommend it. I anticipate doing self study and taking the test one day. Good NASM just provided an online book that had the composing all messed up and ended with me having to zoom in and out to be able to read...I simply received my reserve a few days back, and I'm aspiring to be a fitness expert after years of lifting myself. I must say I thought I knew a lot before, but my understanding doesn't even scratch the top of what is expected of you by the NASM group. PHENOMENAL book split up into 4 main sections: +Fundamentals of Individual Movement science+ Assessments, Schooling Concepts,

and Program Style+Nutrition and Supplementation+Customer Conversation and Professional DevelopmentIt's a 623 page book (including appendix) and is actually great even for expanding your knowledge of training alone.I cannot wait to get started, I'm hoping going to it hard and take action during my winter break and I'll help to make an update once I get there.. In the event that you buy it from NASM they pressure bundle it with the examination right away which you have to take 180 days after buy [or upon receiving it, one of the two]. Also the reserve came in superb and crisp condition so no worries there! sixth edition similar to fourth edition I actually was expecting new web pages new things but is similar to the fourth edition, extremely disappointed.PROS:-- How big is the book is nice, extremely manageable. Cheaper to get book than print out the book from the program.!!-- This content is germane to getting the most out of any exercise or fitness-based lifestyle. Understand this from amazon before trying to get accredited.Much cheaper which book has a large amount of useful information if you are looking to get certified.. Approved my NASM course! Awesome Not just a Video..... Having the book is a lot easier.. Very useful and at a lesser than price tag .)Overall: The prospect of this book is excellent, can't wait to get started and I'll update my progress most likely Mid-January. Like how this book condensed from 21 chapters to 16 chapters plus they added a fresh section on behavior switch.I bought this book for my very own education, without any intent on becoming certified, so I might take a bit longer to get through the book mainly because I may bounce around the reserve based on content and not really proceed through hit in a linear browse. GREAT BOOK! Four Stars nice book



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