

NASM Essentials of
Personal Fitness Training



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Tao Wei



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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 **NASM Essentials of Sports Performance Training** Micheal Clark, Brian G. Sutton, Scott Lucett, National Academy of Sports Medicine Staff, 2014-08 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

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