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this book reflects the latest research findings and scientific breakthroughs in the field of health and fitness it includes anatomy kinesiology exercise physiology and nutrition the application and theory of cardiovascular flexibility and muscular training techniques and the fundamentals of health screening motivational techniques and

program development special attention has been given to injury prevention emergency techniques and the legal issues confronting today's professionals

this book delivers relevant tools that aspiring professionals and industry veterans can apply to the clients of today including behavior change expertise coaching philosophy and new technical standards for fitness

the personal trainer's manual is the textbook for fitness trainers consultants and enthusiasts the chapters in this book are introduction to fitness anatomy and kinesiology fitness testing weight training etc the understanding of which is required for any trainer be it on the gym floor or the playing field

this all new fourth edition of ace's best selling textbook offers expanded coverage of a personal trainer's primary job responsibility assessing each client's current level of health and physical fitness and then developing a safe and effective fitness program that will lead to a lifelong commitment to a more active lifestyle and better health
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