

Exercise Technique Manual for Resistance Training

Exercise Technique Manual for Resistance Training, Second Edition, will help readers prepare for the CSCS or NSCA-CPT exam. It will also serve as a valuable reference for strength and conditioning and personal training professionals, fitness instructors, and college and university faculty who teach resistance training courses. Written by the NSCA, the manual gives detailed explanations on technique for each free-weight and machine exercise, and the accompanying DVDs show the movements for each exercise in action.

Exercise Technique Manual for Resistance Training, Second Edition, contains the following features:

- Extremely thorough checklists for 57 resistance training exercises, helping readers safely perform the exercises or oversee the safe and correct performance of them
- Instruction from experts who were selected and approved by the NSCA
- Over 140 photos that demonstrate proper execution of the exercises
- Accurate exercise technique for each exercise on the DVDs, which also highlight some of the most common incorrect techniques

This thorough, detailed manual provides both professionals and students guidance on safely performing resistance training exercises.



This Resistance Training Specialist Manual

Ying-Ying Zheng



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