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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 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 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 back cover

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

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anyone planning to take the ace personal trainer exam should take advantage of the review material practice test questions and test taking strategies contained in this study guide

designed to be used alongside the manual most often for candidates preparing for their ace personal trainer certification exam the text highlights key concepts in each chapter and offers multiple choice practice questions that are helpful during the study process provided by the publisher

this book contains a general personal trainer manual accompanied by study guides lesson plans and practice exams from beginner to intermediate it should serve as preparatory information for those wanting to pursue certification from other industry organizations for those trainers who or or wish to work for themselves a business guide is included covering everything a fitness professional needs to know regarding finance operations sales and marketing of a personal training company the material is organized as a workbook and can be written in directly other resources such as forms or templates referenced can be downloaded through the links provided

this philosophy of training is one of the safest and most respected methodologies used today founded in the 1970 s it has endured the test of time and dozens of peer reviewed scientific studies today it is used by many professional and ncaa athletic teams and is even used in the management of diseases and conditions the s p a r t a training philosophy has proven safe and effective in nearly every demographic proving successful for osteoporosis patients in their 80 s professional athletes in every major sport and every one else in between s p a r t a personal trainers are experts in providing meaningful muscular and

cardio respiratory exercise in an efficient time period our approach takes advantage of the body's natural physiology simply speaking higher quality exercise takes less time it is a common misconception that positive changes in body fat cholesterol blood pressure triglyceride levels muscular strength and other health indicators can only be achieved through long and frequent aerobic exercise it is our experience that this myth serves as a great disincentive to a healthy lifestyle these improvements can be achieved in less than 1.5 hours of significant exercise a week as recent research has shown this approach will positively impact all systems of the body including the muscular as well as cardiorespiratory learn common weight training terms different muscular actions in weight training how to differentiate types of exercises organization of routines how to moderate volume frequency intensity and duration the real function of the cardiovascular system appropriate rep ranges established principles basic nutrition principles and acceptable body fat ranges proper way to determine new client resistance client tracking and progression models how to identify overtraining possible exercise contraindications and more

basic scientific principles for personal trainers

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