

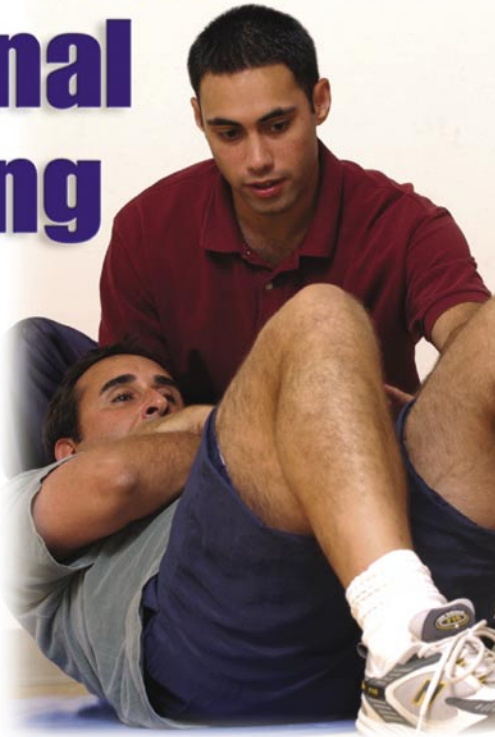
The Essentials You Don't Want To Be Without ...

if your goal is to become NSCA-CPT® certified.

NSCA's Essentials of Personal Training

**National
Strength and
Conditioning
Association**

Roger W. Earle • Thomas R. Baechle
Editors



Knowledge

Targeted expert information will give personal trainers the knowledge to work with clients who have special exercise needs such as pregnant women, older adults, athletes, overweight clients and those with medical conditions and concerns.

Technique

Over 250 full-color photographs clearly illustrate and accurately explain proper stretching, resistance training, aerobic endurance training and plyometrics techniques.

Application

Scientific and applied information is geared toward personal training in the areas of client consultation and evaluation, exercise technique, program design and safety and legal issues.

Preparation

Student study tools that help personal trainers prepare for the NSCA-CPT exam, including chapter objectives, key points, sidebars with practical applications, chapter questions and a comprehensive glossary.

NSCA's Essentials of Personal Training Text Now Available!

Click here to place your order at www.nasca-cc.org or call 888-746-2378!

The *NSCA's Essentials of Personal Training* edited by Roger W. Earle, CSCS,*D; NSCA-CPT,*D and Thomas R. Baechle, CSCS,*D; NSCA-CPT,*D will become the primary preparation source for the NSCA-Certified Personal Trainer® examination as well as an authoritative resource for all professionals in the personal training field.

The text includes contributions from leading renowned researchers, educators and personal training experts who provide the scientific principles, concepts and theories of personal training as well as practical applications to safe and effective training.

Experts in areas such as personal training, exercise science, physical therapy, psychology and sport nutrition contribute their expertise to all areas of exercise technique and program design for the personal trainer. These areas include free-weight and machine resistance training exercises, cardiovascular activities, flexibility and speed training.

In addition, the *NSCA's Essentials of Personal Training* text highlights important information about the business of personal training, including facility and equipment maintenance, business management and legal issues that many personal trainers face.



Visit our Web site for an updated list of NSCA-CPT and CSCS® exam dates and locations: www.nasca-cc.org
Toll-free: 888-746-2378 • E-mail: commission@nsca-cc.org



Accredited by the National Commission for Certifying Agencies

NSCA CERTIFICATION COMMISSION

The Certifying Body for the National Strength & Conditioning Association