

Resistance Training Instruction



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Over 18,000 copies of the previous edition sold worldwide. Aimed at personal trainers and other fitness professionals who work with clients on strength and conditioning exercises, this work includes methods used by the renowned Cooper Institute to certify personal trainers. It is written specifically to help readers learn the safest, most effective way to perform resistance training exercises, with 65 exercises that target every major muscle group. It contains step-by-step instructions for setup and technique, with detailed, full-colour anatomical illustrations showing muscle use during each exercise. It explains how to use scientific principles to determine training variables, such as sets, repetitions, recovery and progression.

作者介绍:

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