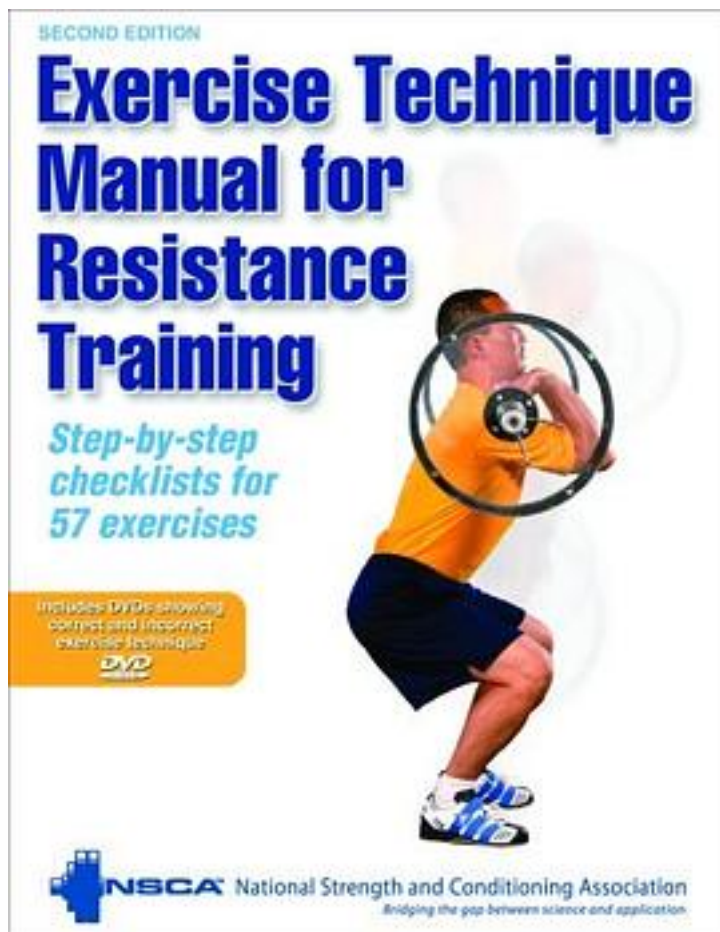


Exercise Technique Manual for Resistance Training



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著者:National Strength & Conditioning Association

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Beefed up from 38 to 57 exercises, this new edition of "Exercise Technique Manual for Resistance Training" is a must for any professional library. It will help readers prepare for the NSCA's Certified Strength and Conditioning Specialist exam or its Certified

Personal Trainer exam. It will also serve as a valuable reference for personal trainers and fitness instructors. Also, college and university faculty who teach courses in resistance training can use the manual and DVDs to complement hands-on instruction and demonstration or to teach exercise technique without going to a weight room. This resource provides clear descriptions for those performing resistance training exercises or for those who instruct others. 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. Readers using this manual to study for the CSCS or NSCA-CPT exams will find this resource particularly helpful as they prepare for exam questions relating to anatomy, biomechanics, program design, and exercise technique. "Exercise Technique Manual for Resistance Training, Second Edition", contains 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 and over 140 photos that demonstrate proper execution of the exercises. Also included is accurate exercise technique for each exercise on the DVDs, which also highlights some of the most common incorrect techniques. The manual and DVDs supply 5 total-body, 14 lower-body, 36 upper-body, and 2 abdominal exercises. For each exercise, the manual details the type of exercise (e.g., whether it is a single-joint or multi-joint exercise), the predominant muscle groups and muscles involved, and technique guidelines from beginning to end, including starting position, downward movements, and upward movements. When appropriate, the manual also covers transitions, catches, and other phases. It offers spotting guidelines, safety suggestions, weight belt recommendations, and breathing guidelines. The result is a complete manual with expert guidance in safely performing common resistance training exercises-something that both professionals and students can use to further their careers.

作者介绍:

目录:

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13运动科学

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