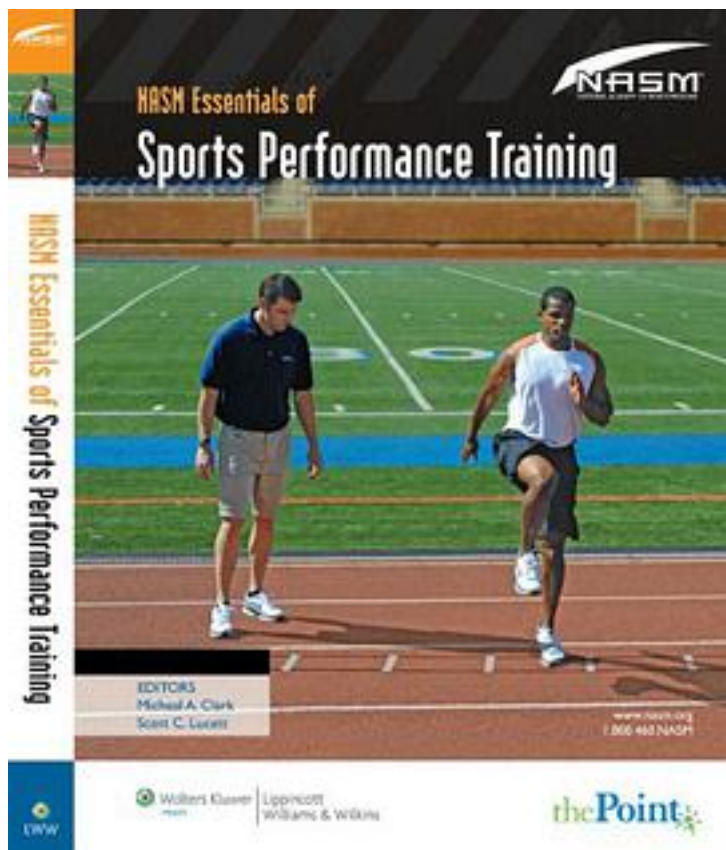


# NASM Essentials of Sports Performance Training



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This First Edition, based on the National Academy of Sports Medicine™ (NASM) proprietary Optimum Performance Training (OPT™) model, teaches future sports performance coaches and other trainers how to strategically design strength and conditioning programs to train athletes safely and effectively. Readers will learn NASM's systematic approach to program design with sports performance program guidelines and variables; protocols for building stabilization, strength, and power

programs; innovative approaches to speed, agility and quickness drills, and more! This is the main study tool for NASM's Performance Enhancement Specialist (PES).

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