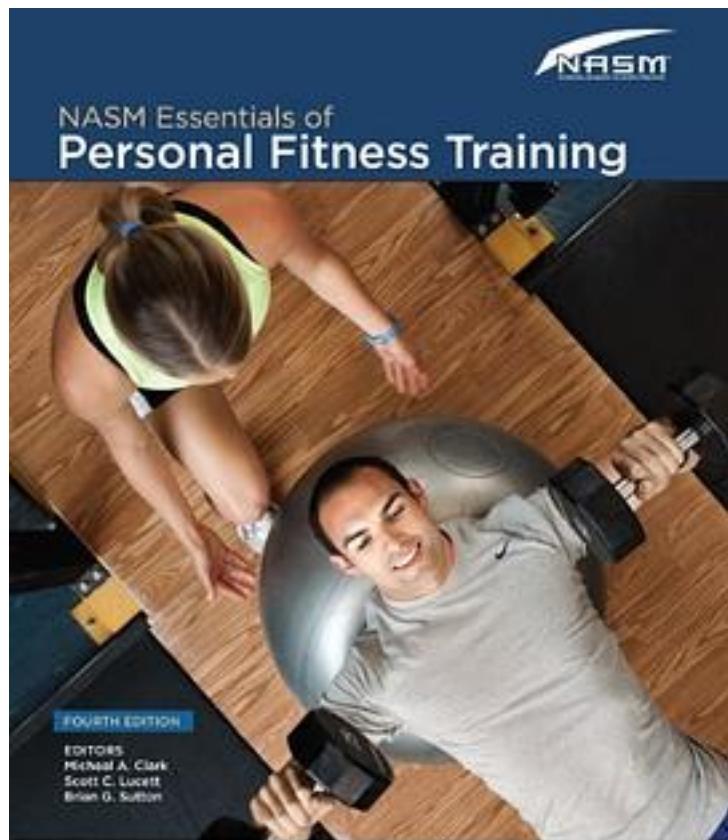


# NASM Essentials of Personal Fitness Training



Wolters Kluwer | Lippincott Williams & Wilkins

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著者:National Academy Of Sports Medicine

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Based on the National Academy of Medicine's proprietary Optimum Performance Training (OPT) model, this fourth edition teaches future personal trainers and other health and fitness professionals how to strategically design exercise programs to train

clients safely and effectively. You will learn NASM's systematic approach to program design with exercise program guidelines and variables; protocols for building stabilization, strength, and power programs; and guidance on how to build clientele through professional development.

作者介绍:

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标签

运动

教材

英语

评论

为了考试，中英文都在啃。其实这本书真挺好的，有框架也有细节，明白了很多之前不知道的事。相当好

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二刷， Myology@Ninja Nerd Science.为彻底搞定Posture。 Basic基础学习

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书评

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