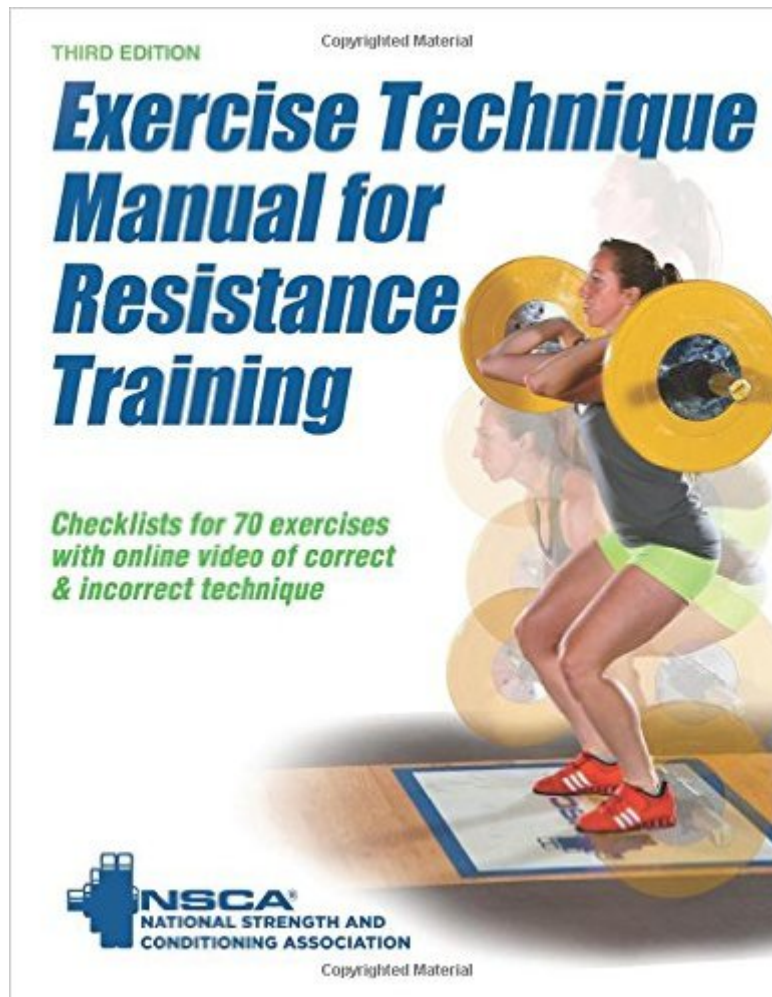


The book was found

Exercise Technique Manual For Resistance Training 3rd Edition With Online Video



Synopsis

Created by the National Strength and Conditioning Association (NSCA), *Exercise Technique Manual for Resistance Training, Third Edition With Online Video*, is a practical resource for current and aspiring strength and conditioning professionals and personal trainers. With unmatched visual demonstration of a variety of free weight and machine exercises, the text is a valuable tool for those preparing for NSCA certification and for others who design programs for athletes and clients of all ages and fitness levels. The fully updated, full-color reference explains 70 resistance training exercises with step-by-step instructions, photos, and online video demonstrations. The third edition contains several new features:

- Online video for each resistance training exercise, which demonstrates proper technique and highlights common errors in technique
- Expanded coverage from 57 to 70 exercises (54 free weight and 16 machine exercises), with many exercises greatly revised
- A special section on alternative modes and nontraditional implements, including kettlebell exercises

Exercise Technique Manual for Resistance Training, Third Edition With Online Video, is organized by body region, including total body, lower body, upper body, and core, and focuses on specific resistance training exercises that pertain to each region. Every chapter contains a table that describes each exercise's concentric action, predominant muscle groups, and muscles involved, enabling readers to understand the impact of the exercises on each body region. To reinforce fundamental techniques, the text includes guidelines related to general safety, tips for breathing and spotting, preparatory body position, and weight belt recommendations. Exercises are explained through sequential instructions and photos to ensure that readers will learn the safest and most effective technique. Accompanying checklists identify the correct grip, stance, body position, and range of motion for each exercise. Online videos demonstrate proper technique as well as common errors so that users can recognize incorrect techniques and make appropriate adjustments. These videos are an invaluable resource and visual aid for learning correct technique in the strength and conditioning facility and in the classroom. With the inclusion of additional exercises as well as online video demonstrations, *Exercise Technique Manual for Resistance Training, Third Edition With Online Video*, is the most authoritative and current resource in teaching safe and effective resistance exercise techniques. v

Book Information

Paperback: 224 pages

Publisher: Human Kinetics; 3 edition (March 1, 2016)

Language: English

ISBN-10: 1492506923

ISBN-13: 978-1492506928

Product Dimensions: 10.9 x 8.4 x 0.4 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #73,233 in Books (See Top 100 in Books) #123 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #167 inÂ Books > Education & Teaching > Schools & Teaching > Education Theory > Assessment #1819 inÂ Books > Textbooks > Education

Customer Reviews

Good information in the text. NSCA is undoubtedly the leader in sports performance. As expected they delivered another book chocked full of necessary data as it relates to proper exercise technique.

The videos are worth this book in gold!

[Download to continue reading...](#)

Exercise Technique Manual for Resistance Training 3rd Edition With Online Video Puppy Training:
How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises

Book 2) Surgical Management of Pelvic Organ Prolapse: Female Pelvic Surgery Video Atlas Series: Expert Consult: Online and Print, 1e (Female Pelvic Video Surgery Atlas Series) PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As Short As 3 Days (potty training, toddlers, toddler, toilet training) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) The Complete Strength Training Workout Program for Racquetball: Improve power, speed, agility, and resistance through strength training and proper nutrition Insulin Resistance Diet: Top 50 Insulin Resistance Meals-Loss Fat By Increasing Insulin Sensitivity Insulin Resistance Diet: Your Step By Step Guide to Cure Diabetes & Prevent Weight GainÂ© Over 365+ Delicious Recipes & One Full Month Meal Plan (Insulin Resistance Cookbook, Balance Your Blood-Sugar) Leptin Resistance: The Leptin Reset: Discover How To Fix Your Fat Hormones And Reboot Your Fat Burning Engine Into First Gear Again (Leptin resistance, ... all grain, ketogenic diet, Atkins Diet) A Train in Winter: An Extraordinary Story of Women, Friendship, and Resistance in Occupied France (The Resistance Trilogy)

[Dmca](#)