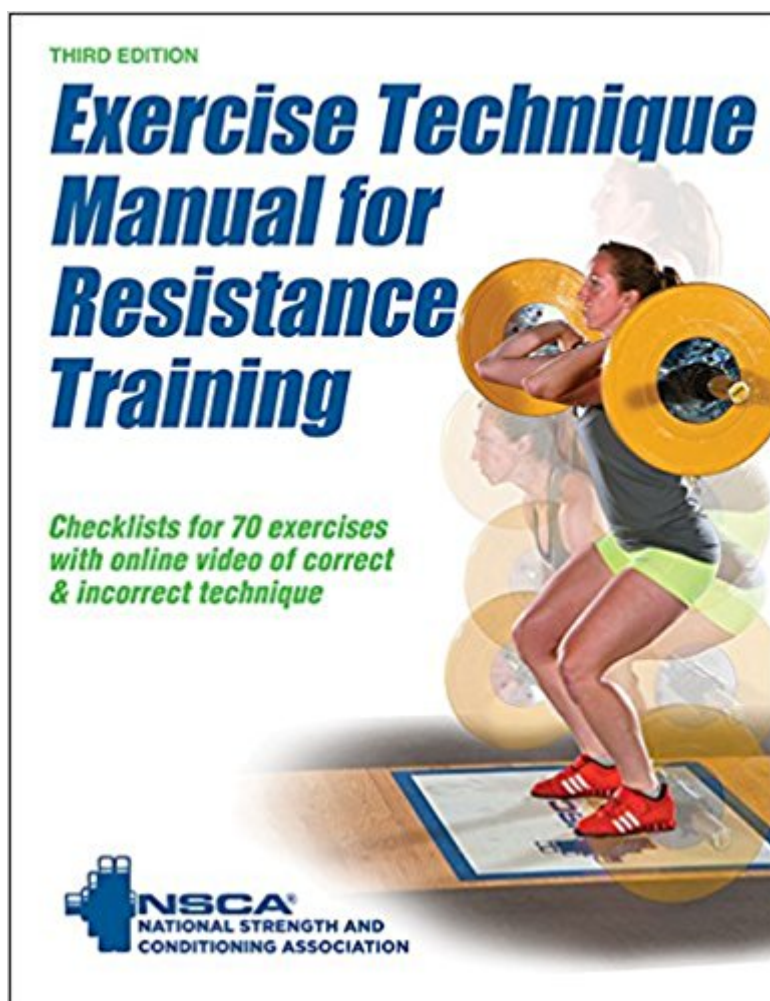


The book was found

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.

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: 4.6 out of 5 stars 12 customer reviews

Best Sellers Rank: #14,413 in Books (See Top 100 in Books) #24 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #40 in Books > Education & Teaching > Schools & Teaching > Education Theory > Assessment #315 in Books > Sports & Outdoors

Customer Reviews

The National Strength and Conditioning Association (NSCA) is the world's leading organization in the field of sport conditioning. Drawing on the resources and expertise of the most recognized professionals in strength training and conditioning, sport science, performance research, education, and sports medicine, the NSCA is the world's trusted source of knowledge and training guidelines for coaches and athletes. The NSCA provides the crucial link between the lab and the field.

The videos are great. Shows you common technical errors and walks you through the proper form of each exercise in written and visual mediums.

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!

A must have for the CSCS exam prep and for life in the strength and conditioning field! Provides step by step instruction and pictures. PLUS, all 70 exercises are available in video online! It was worth every penny!

Very good book which also comes with a video upload which is helpful for techniques/

Great~

Great reference, but still confused on how to access the videos on the Kindle app for Mac? Any help is much appreciated!

Great service and price, will buy again from you, thank you

[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) Exercise Technique Manual for Resistance Training-2nd Edition Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) 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) 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: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training The Practice of Interventional Radiology, with online cases and video: Expert Consult Premium Edition - Enhanced Online Features and Print, 1e (Expert Consult Title: Online + Print) ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription) Build Muscle Without Weights: The Complete Book Of Dynamic Self Resistance Training Exercises (burn fat, abs, muscle building, exercise workout 7) Advanced Fitness Assessment and Exercise Prescription-7th Edition With Online Video Therapeutic Exercise for Musculoskeletal Injuries 4th Edition With Online Video Fitness Journal & Planner: Workout / Exercise Log / Diary for Personal or Competitive Training [15 Weeks * Softback * Large 8.5" x 11" * Full Page ... Cycling / Biking] (Exercise & Fitness Gifts) Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training

Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To
Housebreak Your Puppy in Just 7 Days 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 Dogâ€™s Physical and
Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to
train a dog Book 1) Dog Crate Training: 8 Tips to Help Your Best Friend Adjust (Dog Training, dog
crate training problems, dog separation anxiety, dog potty training Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)