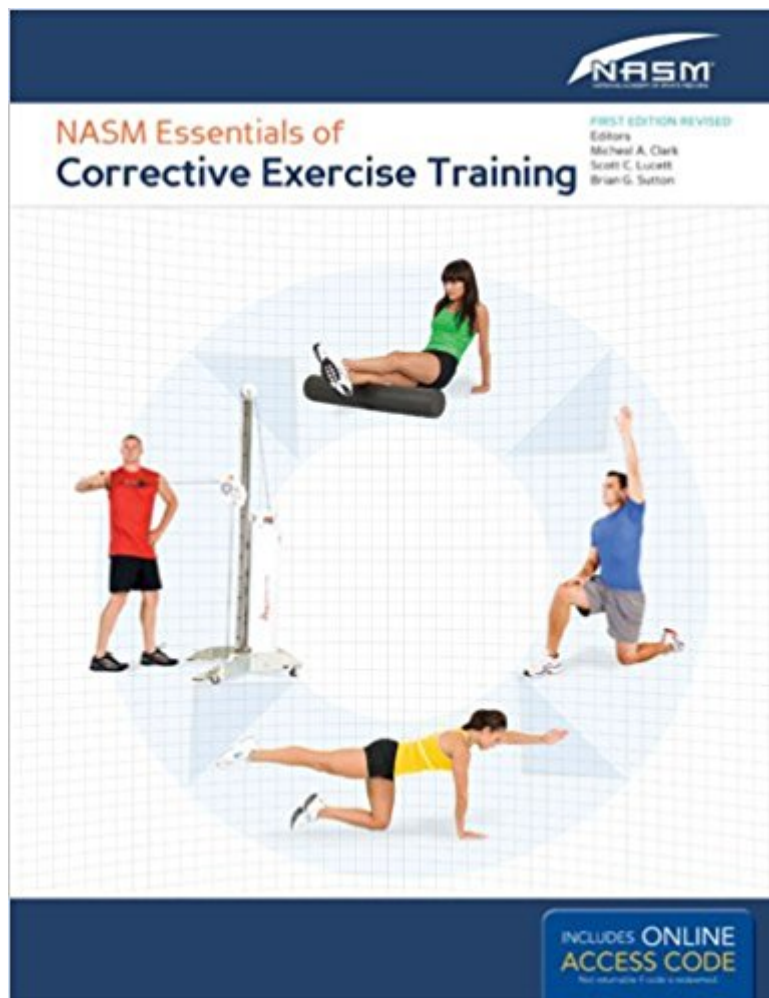




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NASM Essentials Of Corrective Exercise Training: First Edition Revised



Synopsis

NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum, a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury. This textbook includes several new chapters that were not included in NASM's previous corrective exercise materials, including the rationale for corrective exercise training, assessments of health risk, static postural assessments, range of motion assessments, and strength assessments (manual muscle testing) as well as corrective exercise strategies for the cervical spine, elbow, and wrist. There are more than 100 corrective exercise techniques in the categories of self-myofascial release, static stretching, neuromuscular stretching, isolated strength training, positional isometrics, and integrated dynamic movements included in the text. These, along with corrective exercise strategies for common movement impairments seen in each segment of the body, make this text the premier resource for learning and applying NASM's systematic approach to corrective exercise training.

Book Information

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Customer Reviews

This is awesome. I am now able to read through the book to study for CES. I already purchased the study guide!

This book was exactly the addition to my library I needed.

A must have resource for trainer!

NASM is the leader in the fitness certification industry and their corrective exercise book is no different. I purchased it due to needing it for the classes and I will continue to reference it throughout my career! Edit: 7-19-17 going on two years and I still reference this more than any other book on my shelf.

This is a great book. I love the kinesiology in it. It was a good review from my original kinesiology books from class. It helps that there are exercises and progressions in the book as well. The other thing I like are the descriptions of how to perform the various physical assessments in the book, especially the squat assessment. They are extremely useful.

Brand new book with access code untouched. For some reason I thought I was getting a good condition used book. So very pleasantly surprised.

Exactly what I needed.

excellent !

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