



Foundations of Professional Personal Training - 2nd Edition with Web Resource

By -

Human Kinetics Publishers, United States, 2016. Paperback. Book Condition: New. 2nd. 210 x 150 mm. Language: English . Brand New Book. Foundations of Professional Personal Training, Second Edition With Web Resource, serves as a road map toward becoming a successful certified personal trainer. Developed and written by canfitpro, Canada's foremost education and certification provider for fitness professionals, this full-color edition of Foundations of Professional Personal Training contains information for building skills, increasing confidence, and preparing for the Personal Training Specialist (PTS) certification with canfitpro. Reorganized, redesigned, and extensively updated to match the canfitpro certification standards, this second edition includes colorful new artwork and all of the information needed for preparing for the PTS certification process. The second edition includes the following elements: - A new web resource with online video to demonstrate exercise and assessment techniques - New chapters on foundational movement sequences and dynamic assessments - Color-coded traffic light elements that highlight key information for practical application by indicating when to exercise caution (red), think critically (yellow), or put a concept into practice (green) - Three client case studies that are developed throughout the book for practice and application of concepts - Details about canfitpro's recommendations for...



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Reviews

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS

This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better than never. I found out this book from my dad and I encouraged this pdf to find out.

-- Justus Hettinger