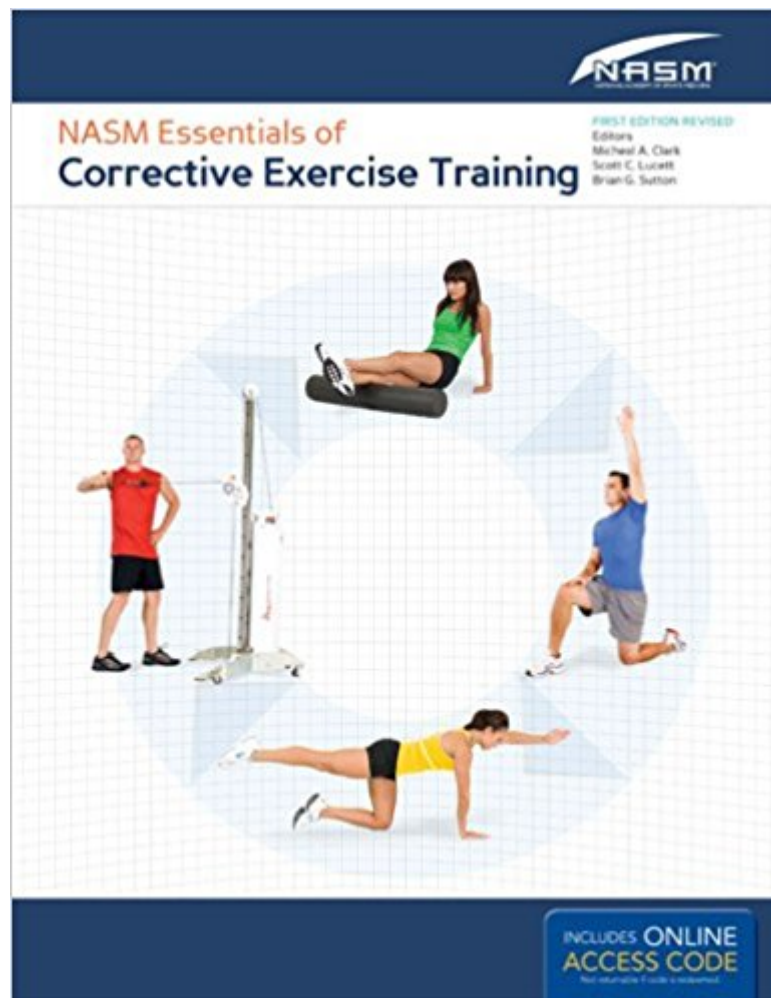




The book was found

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

Hardcover: 440 pages

Publisher: Jones & Bartlett Learning; Revised ed. edition (July 9, 2013)

Language: English

ISBN-10: 1284050254

ISBN-13: 978-1284050257

Product Dimensions: 8.6 x 0.8 x 10.9 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 20 customer reviews

Best Sellers Rank: #73,756 in Books (See Top 100 in Books) #72 in Books > Textbooks >

Medicine & Health Sciences > Medicine > Clinical > Sports Medicine #96 in Books > Medical

Books > Medicine > Sports Medicine #142 in Books > Textbooks > Medicine & Health Sciences >

Allied Health Services > Physical Therapy

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 !

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

NASM Essentials Of Corrective Exercise Training: First Edition Revised NASM Personal Training Flash Cards: NASM Test Prep Review Book with 300+ Flash Cards for the National Academy of Sports Medicine Board of Certification Examination 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) NASM Essentials Of Personal Fitness Training: Fourth Edition Revised 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,) NASM Essentials Of Personal Fitness Training (National Academy of Sports Medicine) 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 NASM Study Guide 2017-2018: Personal Fitness Training Prep Book and Practice Questions for the National Academy of Sports Medicine Board of Certification Exam Modern Essentials Bundle 6th - Modern Essentials 6th Edition a Contemporary Guide to the Therapeutic Use of Essential Oils, An Introduction to Modern Essentials, and Modern Essentials Reference Card 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 Dog'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) 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)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)