



Exercise Technique Manual for Resistance Training-3rd Edition

NSCA - National Strength & Conditioning Association

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With a dynamic text and video combination, Exercise Technique Manual for Resistance Training, Third Edition (Enhanced Version), is the most authoritative and current resource in teaching safe and effective resistance exercise techniques. Created by the National Strength and Conditioning Association (NSCA), this enhanced e-book 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 enhanced e-book 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 integrated online video demonstrations. The third edition contains several new features:

- Integrated 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 (Enhanced Version), 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 enhanced e-book 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. Integrated 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.

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