

# Ace Personal Trainer Manual 4th Edition Set Free Download

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this all new fourth edition of ace s best selling textbook offers expanded coverage of a personal trainer s primary job responsibility assessing each client s current level of health and physical fitness and then developing a safe and effective fitness program that will lead to a lifelong commitment to a more active lifestyle and better health back cover

the personal trainer s manual is the textbook for fitness trainers consultants and enthusiasts the chapters in this book are introduction to fitness anatomy and kinesiology fitness testig weight training etc the understanding of which is reqired for any trainer be it on the gym floor or the playing field

this book refelcts the latest research findings and scientific breakthroughs int he field of health and fitness it includes anataomy kinesiology exercise physiology and nutrition the application and theory of cardiovascular felexibility and muscular training techniques and the fundamentals of health screening motivational techniques and program development special attention has been given to injury prevention emergency techniques and the legal issues confronting today s professionals

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