



Foundations of Professional Personal Training (Hardback)

By -

Human Kinetics Publishers, United States, 2016. Hardback. Condition: New. 2nd edition. 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 optimal health, which integrates...



READ ONLINE
[1.36 MB]

Reviews

These kinds of pdf is the ideal ebook accessible. Of course, it is actually play, nevertheless an interesting and amazing literature. I realized this publication from my i and dad suggested this book to find out.

-- **Ms. Ruth Wisozk**

This ebook is indeed gripping and fascinating. It is definitely simplistic but excitement from the 50 % of your book. You wont sense monotony at at any time of your own time (that's what catalogs are for relating to should you check with me).

-- **Mr. David Stanton Jr.**

Other Books

**Growing Up: From Baby to Adult High Beginning Book with Online Access**

Cambridge University Press, 2014. UNK. Book Condition: New. New Book. Shipped from US within 10 to 14 business days. Established seller since 2000.

**Easy Noah's Ark Sticker Picture Puzzle (Dover Little Activity Books)**

Dover Publications, 2004. Paperback. Book Condition: New. No Jacket. New Dover Little Activity Book (small pamphlet size): Easy Noah's Ark Sticker Picture Puzzle: A Fun Picture Puzzle with 16 Sticker Pieces by Cathy Beylon. From the back cover: A colorful picture puzzle...

**Young and Amazing: Teens at the Top High Beginning Book with Online Access (Mixed media product)**

CAMBRIDGE UNIVERSITY PRESS, United Kingdom, 2014. Mixed media product. Book Condition: New. 204 x 140 mm. Language: English . Brand New Book. Cambridge Discovery Education Interactive Readers are the next generation of graded readers - captivating topics, high-impact video, and interactive exercises...

**Achieve: Pre-Kindergarten: Building Skills for School Success**

Harcourt Brace and Company. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 10.7in. x 8.2in. x 0.7in. With 320 pages, reward stickers and a certificate of achievement in each book, our Achieve! series is chock full of educationally rich, kid-friendly activities that are...

**KS3 Chemistry Workbook (With Online Edition) - Higher (School edition)**

Coordination Group Publications Ltd (CGP). Paperback. Book Condition: new. BRAND NEW, KS3 Chemistry Workbook (With Online Edition) - Higher (School edition), CGP Books, Paddy Gannon, This CGP Workbook contains practice questions for every Key Stage Three Chemistry topic - all fully up-to-date...

**KS3 Biology Workbook (with Online Edition) - Higher (School edition)**

Coordination Group Publications Ltd (CGP). Paperback. Book Condition: new. BRAND NEW, KS3 Biology Workbook (with Online Edition) - Higher (School edition), CGP Books, Paddy Gannon, This CGP Workbook contains practice questions for every Key Stage Three Biology topic - all fully up-to-date...
