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Exercise Technique Manual for Resistance Training-2nd Edition

By NSCA -National Strength & Conditioning Association



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Exercise Technique Manual for Resistance Training-2nd Edition By NSCA - National Strength & Conditioning Association

Beefed up from 38 to 57 exercises, this new edition of *Exercise Technique Manual for Resistance Training* is a must for any professional library. It will help readers prepare for the NSCA's Certified Strength and Conditioning Specialist exam or its Certified Personal Trainer exam. It will also serve as a valuable reference for personal trainers and fitness instructors. Also, college and university faculty who teach courses in resistance training can use the manual and DVDs to complement hands-on instruction and demonstration or to teach exercise technique without going to a weight room.

This resource provides clear descriptions for those performing resistance training exercises or for those who instruct others. The manual gives detailed explanations on technique for each free-weight and machine exercise, and the accompanying DVDs show the movements for each exercise in action. Readers using this manual to study for the CSCS or NSCA-CPT exams will find this resource particularly helpful as they prepare for exam questions relating to anatomy, biomechanics, program design, and exercise technique.

Exercise Technique Manual for Resistance Training, Second Edition, contains the following features:

- Extremely thorough checklists for 57 resistance training exercises, helping readers safely perform the exercises or oversee the safe and correct performance of them
- Instruction from experts who were selected and approved by the NSCA
- Over 140 photos that demonstrate proper execution of the exercises
- Accurate exercise technique for each exercise on the DVDs, which also highlights some of the most common incorrect techniques

The manual and DVDs supply 5 total-body, 14 lower-body, 36 upper-body, and 2 abdominal exercises. For each exercise, the manual details the type of exercise (e.g., whether it is a single-joint or multi-joint exercise), the predominant muscle groups and muscles involved, and technique guidelines from beginning to end, including starting position, downward movements, and upward movements. When appropriate, the manual also covers transitions, catches, and other phases. It offers spotting guidelines, safety suggestions, weight belt recommendations, and breathing guidelines.

The result is a complete manual with expert guidance in safely performing

common resistance training exercises—something that both professionals and students can use to further their careers.

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Editorial Review

About the Author

The National Strength and Conditioning Association (NSCA), a nonprofit educational group, was established in 1978 to generate and disseminate information about strength training and conditioning to its members and the general public. Evolving from a membership of 76 in 1978, it now has more than 30,000 members in over 63 countries, including international chapters in Japan, China, and the United Kingdom. The NSCA is widely recognized as an international clearinghouse for strength training and conditioning research, theories, and practices.

Central to the NSCA's mission is providing a link between the scientist in the laboratory and the practitioner in the field. By working to find practical applications for new findings in strength training and conditioning research, the organization has fostered the development of strength training and conditioning as a discipline and as a profession.

The NSCA offers two distinctive credentialing programs. The Certified Strength and Conditioning Specialist (CSCS) credential is the certification of choice for professionals who design and implement strength and conditioning programs for athletes, and the NSCA-Certified Personal Trainer (NSCA-CPT) credential is an ideal certification program for those who train active and sedentary clients in one-on-one situations.

The NSCA's prestigious CSCS and NSCA-CPT certifications are the only programs in the fitness industry that have been nationally accredited since 1993 by the National Commission for Certifying Agencies, a non-governmental, nonprofit agency in Washington, DC, that sets national standards for certifying agencies. To earn one of these internationally recognized certifications, candidates must pass a rigorous exam administered by an independent exam service. To date, more than 35,000 professionals residing in 59 countries hold one or both of the NSCA's credentials.

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Jon Estrada:

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