



NASM ESSENTIALS OF PERSONAL FITNESS TRAINING

SEVENTH EDITION

Gain the knowledge and insight to transform lives as a personal trainer. Learn the foundations of exercise science, fitness assessments, nutrition, and how to grow your business as a fitness professional.

NASM Essentials of Personal Fitness Training, Seventh Edition, is the most complete resource for aspiring personal trainers, health and fitness professionals, and enthusiasts. It provides an immersive experience for all learners with diverse educational backgrounds. From real-world scenarios to comprehensive preparations for the certification exams, this guide walks the reader through every step in the process to become a successful Certified Personal Trainer.

This edition includes:

- New illustrations that bring complex principles and concepts to life
- New photos that demonstrate the proper execution of exercises
- New callout boxes that highlight relevant research and expanded content
- New research and references that cite the latest scientific findings

Since 1967, the National Academy of Sports Medicine (NASM) has been the gold standard in providing evidence-based certifications and specializations. Through NASM's proprietary Optimum Performance Training® (OPT™) model, you will learn a systematic approach for designing exercise programs that can help anyone reach their fitness goals.

This text is a recommended resource for the NASM Certified Personal Trainer (CPT) certification. The NASM-CPT certification is accredited by the National Commission for Certifying Agencies (NCCA).

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