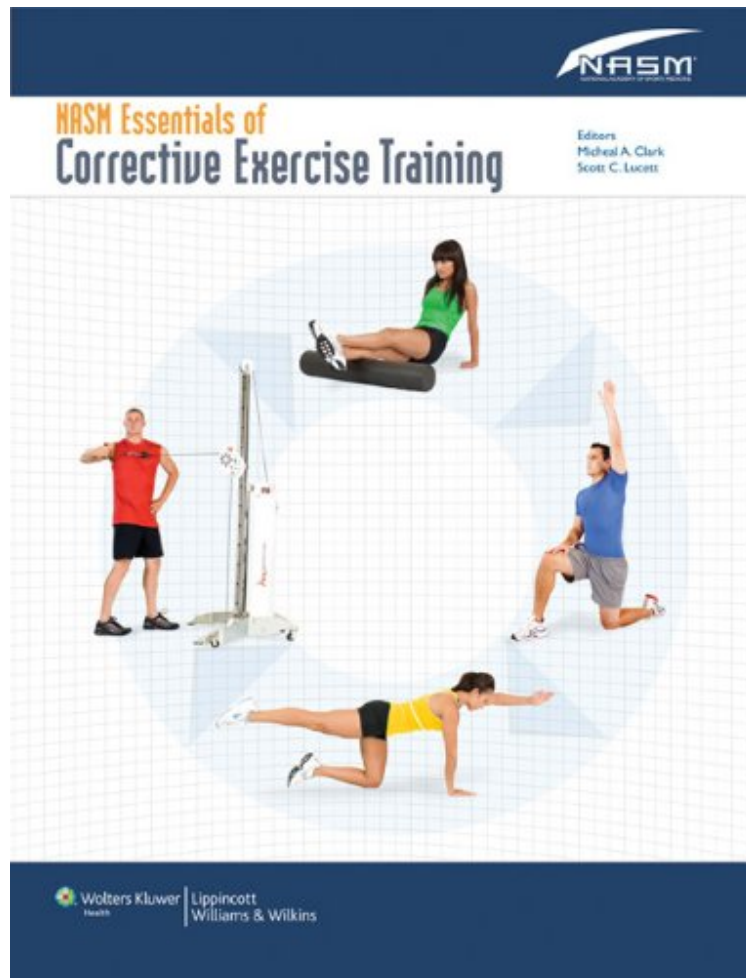


NASM Essentials of Corrective Exercise Training

Micheal A. Clark, Scott C. Lucett

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20 of 21 people found the following review helpful. NASM Essentials of Corrective Exercise Training By Sandra L. Bobbitt I was certified as a NASM Corrective Exercise Specialist through an on-line program with a downloaded text study guide (along with on-line videos). The NASM Essentials of Corrective Exercise Training would have been such a valuable addition to the study materials. Now I am using the text as a reference and have found the added materials, photos and excellent format an essential part of my library. The book is well written, extremely conclusive and would be a great resource for the beginner or advanced corrective exercise specialist. Owner, PostureKinetics, LLC Prescott, Arizona Sandra Bobbitt. BSN, RN, ANPAC-Certified Personal Trainer NASM-Corrective Exercise Specialist Adult Nurse Practitioner Certified Ergonomic Evaluator Specialist 0 of 0 people found the following review helpful. Good

for Personal TrainersBy LizI really like this book. It provides simple, step by step instruction for functional training. I will be taking a course to supplement some of the body testing sections.0 of 0 people found the following review helpful. Five StarsBy DianaGood manual to have for reference.

NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASMs proprietary Corrective Exercise Continuum, a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury. This textbook includes several new chapters that were not included in NASMs previous corrective exercise materials, including the rationale for corrective exercise training, assessments of health risk, static postural assessments, range of motion assessments, and strength assessments (manual muscle testing) as well as corrective exercise strategies for the cervical spine, elbow, and wrist.