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And Practice within a university setting. This research-based text will enhance the skills of group exercise leaders and prepare them to lead more dynamic, safe, and effective classes for clients of differing ages, abilities, and interests.

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And Practice, and career path of fitness professionals, discussing such fields as wellness coaching, biomechanics, and kinesiology.

NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to

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that were not included in NASM's 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



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And Practice) as well as  
corrective exercise strategies for  
the cervical spine, elbow, and  
wrist. There are more than 100  
corrective exercise techniques in  
the categories of self-myofascial  
release, static stretching,  
neuromuscular stretching,

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