



Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals

By American Council on Exercise

Download now

Read Online ➔

Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals By American Council on Exercise

The ACE Advanced Health & Fitness Specialist Manual w/DVD is designed for experienced personal trainers who want to expand their clientele beyond the restrictions of the apparently healthy category. The new manual and certification focus on those diseases and injuries most frequently encountered among clients in health and fitness facilities, from diabetes and low-back pain to lipid disorders and post-orthopedic rehabilitation. This manual is divided into five parts, the first of which provides an Introduction to this ACE certification program. Part Two covers the Major Cardiovascular and Pulmonary Diseases and Disorders. Metabolic Diseases and Disorders are the focus of Part Three. With eight chapters, Part Four, which covers Musculoskeletal Disorders, is the largest section of the manual. Part Five, the final section of the manual, offers Considerations for Specialized Population Groups, including older adults, youth and pre- and postnatal women. Case studies are included in each chapter in Parts Two through Five, giving the exam candidate an example of how to apply what s been learned in a very practical way. Includes bonus 100-minute DVD.

↓ [Download Advanced Health & Fitness Specialist Manual: The U ...pdf](#)

📖 [Read Online Advanced Health & Fitness Specialist Manual: The ...pdf](#)

Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals

By American Council on Exercise

Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals By American Council on Exercise

The ACE Advanced Health & Fitness Specialist Manual w/DVD is designed for experienced personal trainers who want to expand their clientele beyond the restrictions of the apparently healthy category. The new manual and certification focus on those diseases and injuries most frequently encountered among clients in health and fitness facilities, from diabetes and low-back pain to lipid disorders and post-orthopedic rehabilitation. This manual is divided into five parts, the first of which provides an Introduction to this ACE certification program. Part Two covers the Major Cardiovascular and Pulmonary Diseases and Disorders. Metabolic Diseases and Disorders are the focus of Part Three. With eight chapters, Part Four, which covers Musculoskeletal Disorders, is the largest section of the manual. Part Five, the final section of the manual, offers Considerations for Specialized Population Groups, including older adults, youth and pre- and postnatal women. Case studies are included in each chapter in Parts Two through Five, giving the exam candidate an example of how to apply what s been learned in a very practical way. Includes bonus 100-minute DVD.

Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals By American Council on Exercise Bibliography

- Sales Rank: #1303139 in Books
- Published on: 2008-09-30
- Original language: English
- Number of items: 1
- Dimensions: 1.40" h x 8.40" w x 10.70" l, 4.55 pounds
- Binding: Paperback
- 754 pages

 [Download Advanced Health & Fitness Specialist Manual: The U ...pdf](#)

 [Read Online Advanced Health & Fitness Specialist Manual: The ...pdf](#)

Download and Read Free Online Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals By American Council on Exercise

Editorial Review

Users Review

From reader reviews:

Bethany Christiansen:

Why don't make it to become your habit? Right now, try to prepare your time to do the important work, like looking for your favorite reserve and reading a guide. Beside you can solve your problem; you can add your knowledge by the publication entitled Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals. Try to make the book Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals as your friend. It means that it can to become your friend when you feel alone and beside associated with course make you smarter than previously. Yeah, it is very fortunated in your case. The book makes you more confidence because you can know everything by the book. So , we should make new experience and also knowledge with this book.

Randy Johnson:

The book Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals can give more knowledge and also the precise product information about everything you want. So why must we leave a very important thing like a book Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals? Several of you have a different opinion about guide. But one aim which book can give many information for us. It is absolutely right. Right now, try to closer using your book. Knowledge or info that you take for that, you could give for each other; you could share all of these. Book Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals has simple shape however you know: it has great and massive function for you. You can look the enormous world by open up and read a book. So it is very wonderful.

Matthew Sammons:

This book untitled Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals to be one of several books that will best seller in this year, honestly, that is because when you read this reserve you can get a lot of benefit upon it. You will easily to buy this kind of book in the book shop or you can order it by using online. The publisher with this book sells the e-book too. It makes you more easily to read this book, as you can read this book in your Smart phone. So there is no reason for you to past this e-book from your list.

Kathleen Hernandez:

This Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness

Professionals is brand-new way for you who has interest to look for some information since it relief your hunger details. Getting deeper you onto it getting knowledge more you know or else you who still having little bit of digest in reading this Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals can be the light food in your case because the information inside that book is easy to get by simply anyone. These books acquire itself in the form that is certainly reachable by anyone, that's why I mean in the e-book web form. People who think that in e-book form make them feel drowsy even dizzy this book is the answer. So there is no in reading a e-book especially this one. You can find what you are looking for. It should be here for you actually. So , don't miss that! Just read this e-book variety for your better life and also knowledge.

Download and Read Online Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals By American Council on Exercise #KI9XU1ZAB8M

Read Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals By American Council on Exercise for online ebook

Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals By American Council on Exercise Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals By American Council on Exercise books to read online.

Online Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals By American Council on Exercise ebook PDF download

Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals By American Council on Exercise Doc

Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals By American Council on Exercise Mobipocket

Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals By American Council on Exercise EPub

KI9XU1ZAB8M: Advanced Health & Fitness Specialist Manual: The Ultimate Resource for Advanced Fitness Professionals By American Council on Exercise