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Core Assessment and Training

Human Kinetics

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Our understanding of the importance of core health for injury prevention, athletic performance, and rehabilitation grows each day. Make sure you can offer your clients safe and effective programs with *Core Assessment and Training*. In this book, you will learn to assess each client's baseline core function and develop an individualized program to meet his or her needs.

In *Core Assessment and Training*, expert Jason Brumitt covers all aspects of core training—from basic to advanced core exercises, stretches, and plyometrics. Whether you are a personal trainer, strength coach, or rehabilitation professional, this reference will help you learn these essentials:

• Functional anatomy of the core musculature

• Core assessment and functional testing techniques

• Fundamentals of program design for core training

• Special considerations for core training for various sports and core-specific injuries and conditions

This book covers not only core strength but also flexibility and plyometrics. It includes photos, illustrations, and instructions for more than 120 exercises. Sample exercise routines and a table that lists the exercises by the muscles used offer a basis for program design and provide on-the-spot reference. The accompanying DVD features video demonstrations that help you review proper techniques and protocols for many of the exercises and assessments discussed in the book. All of the information in the book and on the DVD is presented in a logical format with the busy fitness professional in mind.

An online course, also titled *Core Assessment and Training*, can be purchased to complement and enhance the material presented in the book. The course features interactive case studies with virtual clients that guide you through developing comprehensive core training programs that encompass strengthening, flexibility, endurance and power. You'll gain insight into selecting exercises that are specific to each client's needs and into properly progressing exercises from basic to advanced. You'll also practice identifying indicated and contraindicated exercises for various injuries and health conditions, and in selecting core exercises for different athletes and clients.

Understanding the concepts of core training and analyzing functioning of the core are key components of safe core exercise programs. With *Core Assessment and Training*, you can master the techniques for assessing each client's needs and design customized training programs for maximum results.

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Danny Saleem:

Now a day people who Living in the era exactly where everything reachable by connect with the internet and the resources inside can be true or not need people to be aware of each information they get. How many people to be smart in having any information nowadays? Of course the answer then is reading a book. Reading through a book can help men and women out of this uncertainty Information specifically this Core Assessment and Training book as this book offers you rich info and knowledge. Of course the knowledge in this book hundred pct guarantees there is no doubt in it as you know.

Diane Sanchez:

A lot of people always spent their very own free time to vacation or maybe go to the outside with them family members or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read any book. It is really fun for you personally. If you enjoy the book which you read you can spent 24 hours a day to reading a publication. The book Core Assessment and Training it is rather good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. If you did not have enough space to develop this book you can buy often the e-book. You can m0ore easily to read this book from your smart phone. The price is not to fund but this book has high quality.

Sylvia Medina:

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