

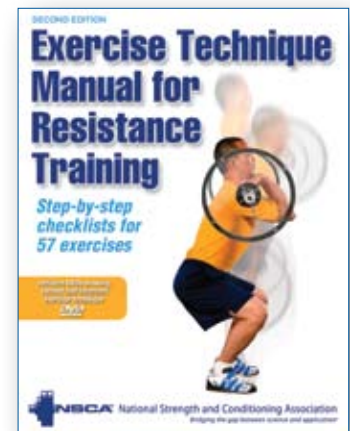
# UPDATED EXAM PREPARATION MATERIAL

## *Exercise Technique Manual for Resistance Training and DVDs*

This set replaces the Free Weight and Machine Exercise Techniques DVD and Exercise Technique Checklist Manual in this Preparation Suggestions document and should be utilized in the same manner.

Expanded from 38 to 57 exercises, this manual helps readers prepare for the Certified Strength and Conditioning Specialist® and/or NSCA-Certified Personal Trainer® exams in addition to being a valuable reference for practitioners. Also, college and university faculty who teach courses in resistance training can use the manual and DVDs to complement hands-on instruction and demonstration or to teach exercise technique without going to a strength and conditioning facility.

Developed by the NSCA, this resource provides clear descriptions for those performing resistance training exercises or for those who instruct others. The manual gives detailed explanations on technique for each free-weight and machine exercise, and the accompanying DVDs show the movements for each exercise in action. Readers using this manual to study for the CSCS® or NSCA-CPT® exams will find this resource particularly helpful as they prepare for exam questions relating to anatomy, biomechanics, program design and exercise technique.



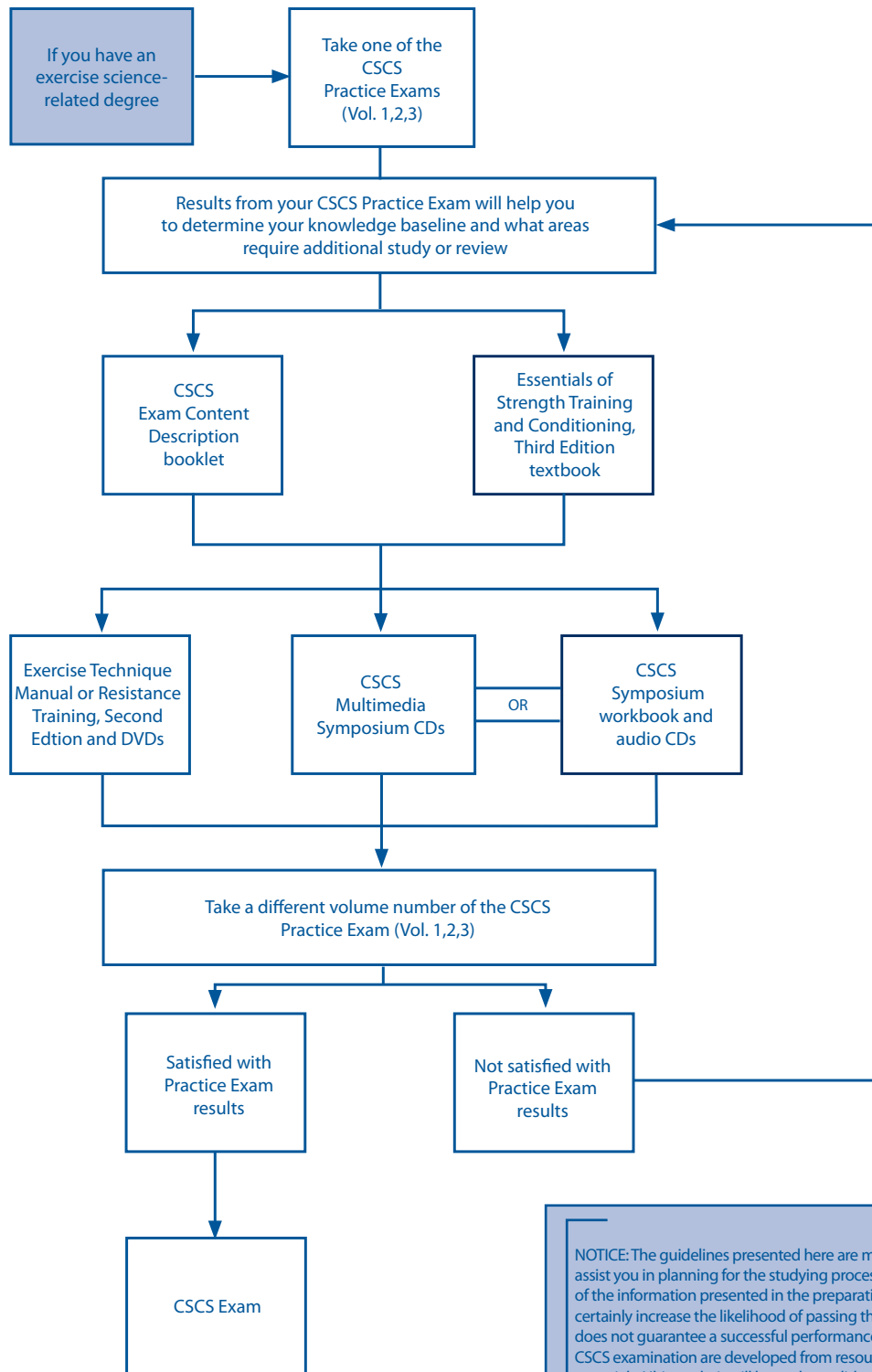
***Exercise Technique Manual for Resistance Training, Second Edition, contains the following features:***

- **Extremely thorough checklists for 57 resistance training exercises, helping readers safely perform the exercises or oversee the safe and correct performance of them.**
- **Instruction from experts who were selected and approved by the NSCA.**
- **Over 140 photos that demonstrate proper execution of the exercises.**
- **Accurate exercise technique for each of the 57 exercises on the DVDs, which also highlight some of the most common incorrect techniques.**

The manual and DVDs supply 5 total-body, 14 lower-body, 36 upper-body and 2 abdominal exercises. For each exercise, the manual details the type of exercise (e.g., whether it is a single-joint or multi-joint exercise), the predominant muscle groups and muscles involved and technique guidelines from beginning to end, including starting position, downward movements and upward movements. It offers spotting guidelines, safety suggestions, weight belt recommendations and breathing guidelines. The result is a complete manual with expert guidance in safely performing common resistance training exercises—something that both professionals and students can use to further their careers.



# CSCS Exam Preparation Suggestions

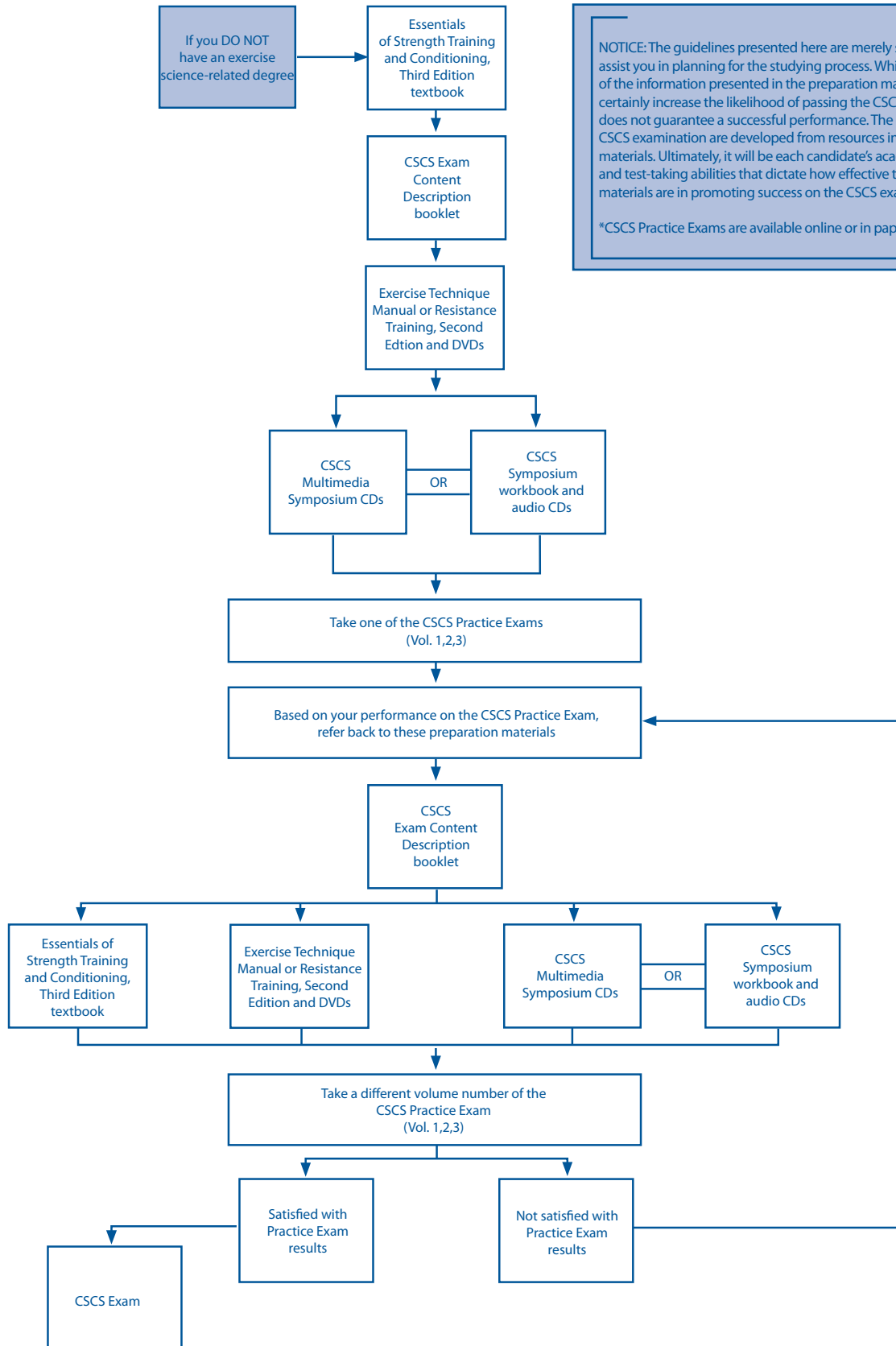


NOTICE: The guidelines presented here are merely suggestions to assist you in planning for the studying process. While comprehension of the information presented in the preparation materials should certainly increase the likelihood of passing the CSCS examination, it does not guarantee a successful performance. The questions on the CSCS examination are developed from resources in addition to these materials. Ultimately, it will be each candidate's academic, experiential and test-taking abilities that dictate how effective the preparation materials are in promoting success on the CSCS examination.

\*CSCS Practice Exams are available online or in paper form.



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