



Advanced Concepts of
Personal Training
SECOND EDITION



NCSF
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Brian Biagioli, Ed.D

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Jianjun Gao



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wrote THE book about strength and conditioning you have been waiting for Based on his own experience as a competitive tennis player track record as a successful strength conditioning coach to collegiate and professional athletes and scientific research studies conducted during the Master s degree program in Exercise Sport Science at FIU this book is a must read for anybody serious about strength and conditioning The textbook is specifically designed for the purpose of teaching and applying Therefore the content is organized in sensible constructive order where each chapter first provides explanation of underlying scientific principles and then presents practical solutions in form of applications and exercises which allows the reader to expand his her competency while offering a resource of immediate practical solutions and training recommendations For coaches *Advanced Concepts of Strength Conditioning* provides a comprehensive and cohesive body of knowledge and over 400 applications that can be utilized to develop all aspects of athletic conditioning for all skill levels from recreational athletes to college athletes to professional athletes in a safe and professional environment For athletes the book offers everything they need to know with respect to stretching resistance training ballistics plyometrics speed agility quickness training as well as nutritional strategies necessary to lay the foundation for a successful career For parents this book is a valuable resource in making informed decision when planning a successful career for their children Whether you need to pick coaches design conditioning programs on your own or make prudent decision with regards to proper nutrition *Advanced Concepts of Strength Conditioning* provides the answers you were looking for *Advanced Concepts of Strength & Conditioning for Tennis* Philipp Halfmann, 2012-10-21 Philipp Halfmann wrote THE book about strength and conditioning training for tennis you have been waiting for Based on his own experiences as a competitive tennis player and a successful conditioning coach and backed by scientific research studies conducted during the Master s degree program in Exercise Sport Science at FIU this book is the must read lecture for anybody serious about competing on the competitive collegiate or professional tennis circuit This book is designed for the purpose of teaching and applying and organized in sensible constructive order Each chapter first provides explanation of underlying scientific principles and then presents practical solutions in form of applications or exercises and training recommendations For coaches *Advanced Concepts of Strength Conditioning for Tennis* provides a comprehensive and cohesive body of knowledge and over 400 applications that can be utilized to develop all aspects of athletic conditioning for all skill levels from recreational players to college athletes to

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