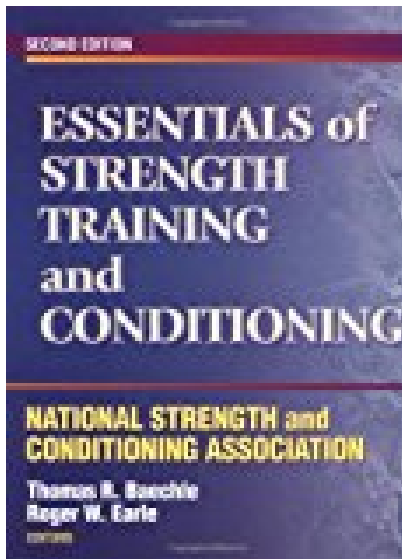


# Essentials of Strength Training and Conditioning

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## BOOK DETAILS

- Author : NSCA -National Strength & Conditioning Association
- Pages : 672 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 0736000895



## BOOK SYNOPSIS

Developed by the National Strength and Conditioning Association, Essentials of Strength Training and Conditioning, Fourth Edition, is the fundamental preparation text for the CSCS exam as well as a definitive reference that strength and conditioning professionals will consult in everyday practice.

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