

A growing obesity epidemic is threatening the health of millions of Americans. Many people are seeking the services of personal fitness trainers, and other allied health care professionals, in an attempt to reduce their weight and maintain a healthier lifestyle. In light of this phenomenon, there are more career opportunities today for the fitness trainer and/or nutrition consultant than ever before.

Unfortunately, there is also an abundance of misinformation from recreational exercisers, and even professional trainers, regarding proper exercise guidelines. Many fitness professionals question their own methods, as well as the methods of others, in a stumbling quest to uncover and hopefully implement the most correct and scientifically supported exercise techniques. As personal trainers, we are considered by many experts to be “front-line” health care professionals. Therefore, it is our responsibility to set the record straight.

The purpose of this handbook is to provide the personal trainer with a field manual that allows expedient recall of the musculature, planes, joint movements and most common errors associated with each exercise. This information is extremely valuable when used as a reference, particularly during spontaneous workouts.

This book was uniquely organized and written to provide the reader with quick references, and will greatly assist the personal trainer in developing highly effective exercise programs.

Clients of personal trainers may also refer to this handbook when working out on their own, to ensure accurate kinesiology of the exercises their trainers have provided.

This handbook is also beneficial for any fitness enthusiast looking to gain more knowledge of basic exercise techniques, as well as a variety of exercises that work out the entire body.

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