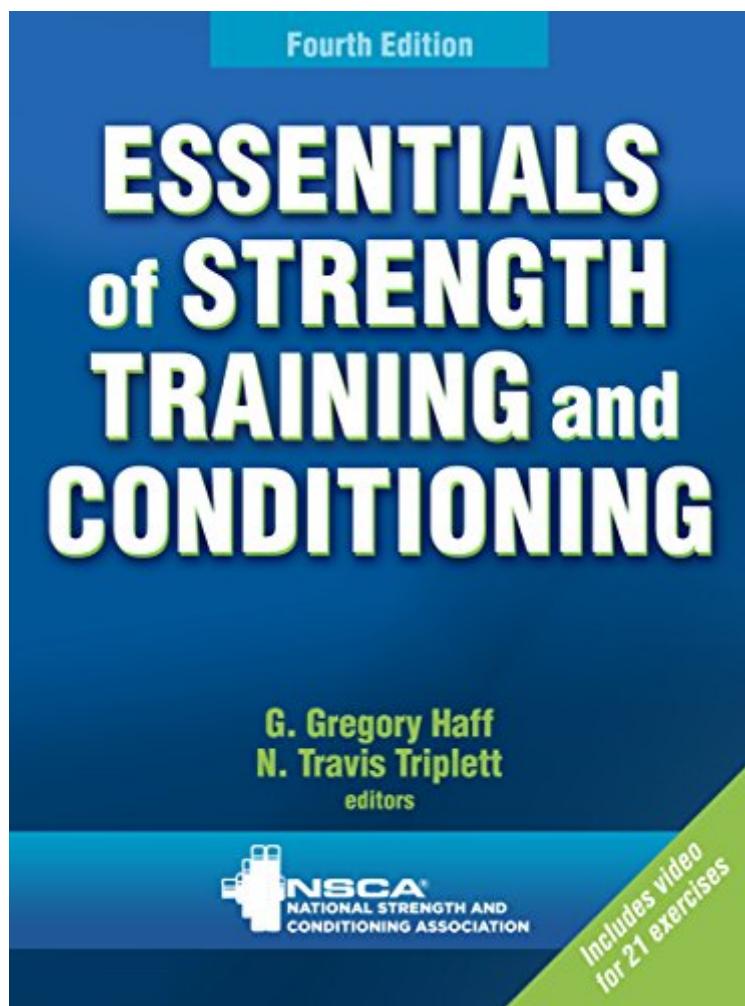


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# Essentials Of Strength Training And Conditioning 4th Edition



## **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.

## **Book Information**

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## **Customer Reviews**

Finally, useful, quality information about sports nutrition, supplementation, and the impact of various vitamins and minerals on the body! This is the edition S&C professionals need, as it covers many of the gaps left behind by the 3rd edition's reliance on the USDA Food Pyramid and takes advantage of digital resources for exercise technique.

This book is very dense and I recommend that you purchase a few other things to accompany it first, one being "Science and Practice of Strength Training, Second Edition". That being said, I still very much like this book. Coming from a background as a college athlete at a major division I program, I was exposed to many of the practices mentioned in this text and can appreciate the acknowledgement of the mental side of performance. The authors attempt to spare no details in

terms of they covered a lot about the big things in training, periodization, exercise selection and some basic biology. The one area that left me wanting more was the chapters on periodization. I would have like to see an example of different approaches, ex. more of a side by side comparison of the linear and nonlinear programming mentioned and why things in the individual programs might be less than optimal. There are however entire books about the subject so I can't complain! If you buy this book, you're more looking for science and being able to break down programs and learn what's working well in them. If you're looking for specific programs for your athletes or sample programs you might want to reconsider. I will say that after I've read through this a couple of times I am more able to recognize that many programs can be constructed very well and this book just lets you know a little more about which ones have more good things than the others. If you ever read another "fitness article" your bs meter will quickly be able to detect quality

The first book that was ordered was damaged. As soon as was made aware of the situation they replaced it immediately. I love working with 's customer service. They are on top of any complaint and work very hard to make things right. As far as this book, my son loves it. He has correspondence courses and/or textbooks through NASM, ACSM, ACE, ISSA, etc. but likes NSCA the most. Whether you are looking for a correspondence course or just want the book(s), NSCA's are well worth the money. He has gotten so much more information from them than in his other course textbooks so he would definitely recommend NSCA. Although they might be a bit more difficult to understand, in the end, this is the organization that you want to get your certification through and any NSCA book(s) are the ones to order. This particular book is in its 4th edition and comes with Web Resource. Would definitely recommend to anyone in the fitness industry or anyone wanting to further their knowledge in this area.

Very poorly written. It is informative as far as strength and conditioning goes, but very long drawn out and unnecessary speech. Hint: skim all the BS and highlight the information then go back and read it. Hint #2 - the book does not give information about specific sports which will be the majority of questions on the test. Hint #3 - drink lot's of coffee

Lots of great info in this book. I have learned a ton from reading it and I hope that it helps me to pass the CSCS exam that is upcoming. Great tool to learn from.

Great fourth edition. Packed with excellent color photos and easy-to-read tables and charts.

This is an excellent text with comprehensive information written by top authors. The older editions were considered the gold standard. This edition is even better.

So much knowledge. But if you want to treat the best, you got to be the best!

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Essentials of Strength Training and Conditioning 4th Edition Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Essentials of Strength Training and Conditioning - 3rd Edition Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) The Complete Strength Training Workout Program for Racquetball: Improve power, speed, agility, and resistance through strength training and proper nutrition The Complete Strength Training Workout Program for Squash: Add more power, speed, agility, and stamina through strength training and proper nutrition Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Lacrosse: Winning the One Goal Game! (strength training, speed, agility, conditioning) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Complete Conditioning for Soccer, Enhanced Edition (Complete Conditioning for Sports) Youth Strength Training: Programs for Health, Fitness and Sport (Strength & Power for Young Athlete) Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) Complete

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