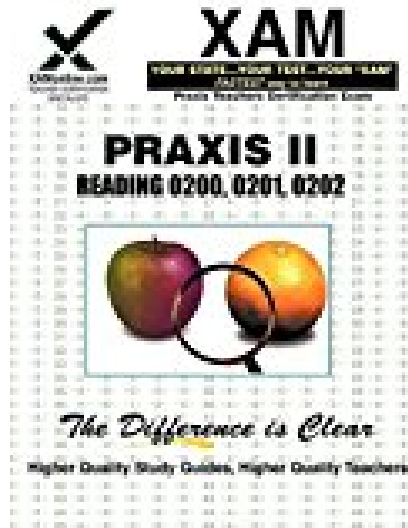


# PRAXIS II Reading 0200 0201 0202

## Praxis II Teachers XAM

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### BOOK DETAILS

- Author : Sharon Wynne
- Pages : 217 Pages
- Publisher : XAMOnline.com
- Language : English
- ISBN : 1581978340

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## **BOOK SYNOPSIS**

Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASMs Optimum Performance Training (OPT) model. The OPT model presents NASMs protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

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