



dream job or you're already in the field, Robert Wolff provides the tools you need to give you and your clients the best chance at success. Robert Wolff, Ph.D., is a former editor of Muscle&Fitness and has worked with the world's biggest bodybuilding and fitness stars, including fitness legends Arnold Schwarzenegger and Evander Holyfield. Wolff is the author of numerous books including Bodybuilding 101; Robert Wolff's Book of Great Workouts; Home Bodybuilding; The Knockout Workout with Mia St. John; and Dr. Robert Wolff's Great Body, Great Life Program. He lives in New York City.

The Science of Exercise Made Simple

NASM Essentials of Personal Fitness Training

ACE Personal Trainer Manual

Advanced Personal Training

Become a Certified Personal Trainer (ebook)

Your stepping stone to penetration testing

*Focused on rotations in regional anesthesia and chronic pain, this book provides a structured review of the concepts covered in the American Board of Anesthesiology in-training exam. The first section of the book covers regional anesthesia with dedicated chapters on basic science, acute postoperative pain, and nerve blocks for neuraxial, lower and upper extremity blocks, and head and neck. The second section on chronic pain includes chapters on basic science and common pain conditions - including craniofacial pain, CRPS, neuropathic pain, and cancer pain. This section closes on multimodal analgesia and other treatment approaches. Each chapter presents a common clinical topic and is organized by indications, preparation, technique, complication, prevention, clinical pearls, and related ABA key points. Highlights must-know information in bold throughout the text. Concise, practical, and easy-to-read, this book will aid anesthesiology residents, certified nurse anesthetists, and medical students in their study regarding patient care practices on regional anesthesia and chronic pain. The book will also be useful to residents going into regional anesthesia and pain medicine subspecialties during the year of their anesthesiology training.*

*Great athletes make difficult moves look effortless with a combination of skill, strength, and balance. Traditional conditioning builds a fitness base, but modern sports training takes into account athletic movement patterns. Athletic Body in Balance is the first guide of its kind to show you how to train for smooth, fluid movement and prevent muscle imbalances, mobility restrictions, stability problems, and injuries. Physical therapist and sports conditioning expert Gray Cook has proven the effectiveness of his approach through the performances of athletes in the NFL, NBA, NHL, WNBA, and Reebok® University's sports training system. Cook's methods will help you identify functional weaknesses; correct imbalances; explore your potential; and refine sport-specific movement skills such as jumping, kicking, cutting, and turning. You will see where conditioning is breaking down and how to get your body back on track. Whereas other books concentrate on maximizing your strengths, Athletic Body in Balance focuses on exposing and overcoming your weaknesses to form a foundation for long-term training gains. Learn how to maintain what you gain and build on your improvements. Make this comprehensive assessment tool your training guide. Prepare and repair your body for ultimate athletic performance with Athletic Body in Balance.*

*Secure your CSSP certification CCSP is the world's leading Cloud Security certification. It covers the advanced technical skills and knowledge to design, manage, and secure data, applications, and infrastructure in the cloud using best practices, policies, and procedures. If you're a cloud security professional seeking your CSSP certification, this book is a perfect way to prepare for the exam. Covering in detail all six domains, the expert advice in this book gives you key information you'll need to pass the exam. In addition to the information covered on the exam, you'll get tips on setting up a study plan, tips for exam day, and access to an online test bank of questions. Key information for all six exam domains Test-taking and exam day tips and tricks Free online practice questions and flashcards Coverage of the core concepts From getting familiar with the core concepts to establishing a study plan, this book is all you need to hang your hat on that certification!*

*Study Guide with Practice Test Questions for the American Council on Exercise CPT Examination*

*CompTIA Security+ SY0-401 Exam Cram*

*ACE Personal Trainer Practice Test*

*Official (ISC)2 Guide to the CAP CBK*

*2021 Illinois AMP Real Estate Exam Prep Questions & Answers*

*Study Guide to Passing the Salesperson Real Estate License Exam Effortlessly*