

## Exercise Technique Manual For Resistance Training Nsca

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Begin all exercises slowly and use smooth, controlled movements and tension when pulling and releasing the resistance tube. Test out each exercise slowly before performing a series to ensure the tension is correct and handles are securely attached. Begin your workout slowly to build strength and stamina, especially if you are new to exercise.

## **Instruction Manual & Exercise Guide**

The primary objective of this manual is to prepare you to identify flaws in exercise performance (e.g., posture and technique), fatigue, using too much resistance (or not enough), proper use of the appropriate metabolic energy system, and athlete readiness.

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body region, including total body, lower body, upper body, and core, and focuses on specific resistance training exercises that pertain to each region. Every chapter contains a table that describes each exercise s concentric action, predominant muscle groups, and muscles involved, enabling readers to understand the impact of the exercises on each body region.

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