

Download Nscas Essentials Of Tactical Strength And Conditioning

NSCA's Essentials of Tactical Strength and Conditioning is the ideal preparatory guide for those seeking TSAC-F certification. The book is also a great reference for fitness trainers who work with tactical populations such as military, law enforcement, and fire and rescue personnel. NSCA's Essentials of Tactical Strength and Conditioning contains scientific information to assist in implementing or restructuring strength and conditioning programs at commercial or government fitness centers that work with these tactical athletes to achieve those goals. NSCA's Essentials of Tactical Strength and Conditioning. The physical demands of tactical professions such as military, law enforcement, and fire and rescue require those workers to be in top physical condition to perform their jobs well and decrease the risk of injury. NSCA's Essentials of Tactical Strength and Conditioning. Additionally, exercises, drills, and techniques targeting the specific needs of tactical athletes in areas such as flexibility, mobility, speed, agility, power, and aerobic endurance are described in great detail and accompanied by full-color photos.