NEW EDITION! Developing Agility and Quickness, Second Edition

Most competitive sports require rapid whole-body movements in which athletes need to accelerate, decelerate, and change direction in response to game situations. In this course, 19 of the NSCA’s leading experts provide evidence-based assessment tools, exercises, drills, and training regimens to improve agility and quickness. More than 130 drills—with instructions, photos, and diagrams—offer a smorgasbord of proven activities to enhance athletes’ ability to rapidly accelerate or decelerate in three dimensions.

National Strength and Conditioning Association
©2019 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-6953-4 • $129.00 US ($165.95 CAD, €96.99, £107.08)
Online course: ISBN 978-1-4925-6954-1 • $119.00 US ($153.95 CAD, €89.99, £107.08)
Plyometric Anatomy
Elite players, coaches, and trainers rely on plyometrics to develop power, agility, speed, strength, body control, balance, and overall athletic performance. In this course you will learn 94 plyometric exercises with 78 variations that increase in difficulty for continued development over time. Each exercise is fully illustrated with detailed anatomical art to showcase the muscles that are activated during the drill, so you can clearly see how the exercise contributes to improved performance for your clients and athletes.

Derek Hansen and Steve Kennelly
©2017 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-3545-4
$89.00 US ($114.95 CAD, £66.99, €80.10)
$79.00 US ($101.95 CAD, £59.99, €71.08)

Stretch to Win, Second Edition
Flexibility has been proven to improve range of motion, increase power and speed, decrease risk of injury, and ultimately elevate performance. This course will help you create effective flexibility programs that contribute to optimal performance for athletes in any sport or training activity. When you incorporate principles of sport specificity, your clients can experience faster gains in overall mobility as well as achieve optimal functional flexibility.

Ann Frederick and Chris Frederick
©2017 • Course with text, study guide, and exam
$99.00 US ($127.95 CAD, £89.99, €106.92)
$89.00 US ($114.95 CAD, £67.49, €80.08)

NEW! Pilates and Conditioning for Athletes With CE Exam
Help your athletes gain a competitive edge with innovative training methods. This science-based, multidimensional approach to athletic conditioning helps build a strong and flexible foundation by infusing Pilates into training. Take the confusion out of training plans by adding one or more of the 13 foundational, intermediate, and sport-specific workouts to help your athletes achieve their performance goals.

Amy Lademann and Rick Lademann
©2020 • Text with exam
Book and CE exam also sold separately.
Check website for pricing

Strength Training for Fat Loss
This course offers basic, tried-and-true programs for new and experienced professionals alike. This course uses the text Strength Training for Fat Loss to offer 30 workouts and 150 exercises for clients who are constantly looking for innovative ways to lose fat and develop lean muscle. Content focuses on the three Cs of metabolic training—circuits, combinations, and complexes—to accelerate metabolism and maximize fat loss while maintaining and building muscle.

Based on a book by Nick Tumminello
©2015 • Course with text, webinar, study guide, exam
Print course: ISBN 978-1-4925-0617-1
$129.00 US ($165.95 CAD, £134.39, €161.28)
$119.00 US ($153.95 CAD, £89.99, €107.08)

Eat. Lift. Thrive. With CE Exam
Sohee Lee empowers you with tools and strategies to make positive changes. You will learn how to identify issues that are holding your clients back, and what you can do to get them back on track. By the time you’re finished, you’ll be an expert at moderation and will say goodbye to extremes in dieting. Certified professionals can confidently apply the concepts to their clientele.

Sohee Lee
©2017 • Text with exam
$79.00 US ($101.95 CAD, £59.99, €71.10)
$69.00 US ($88.95 CAD, £52.49, €62.08)
Book and CE exam also sold separately.

Complete Guide to TRX® Suspension Training®
Approved and endorsed by TRX, the global leader in functional training products, programming, and education, this course is the authoritative resource on the safe, effective, and optimal use of Suspension Training and programming. It will guide you through more than 115 exercises and 30 ready-to-use programs designed to develop your client’s strength, power, core stability, flexibility, and balance with the use of a Suspension Trainer™.

Jay Dawes
©2017 • Course with text, study guide, and exam
$119.00 US ($153.95 CAD, £89.99, £107.10)
$109.00 US ($140.95 CAD, £82.49, €98.08)
Your Workout PERFECTED
With CE Exam
Nick Tumminello, author of *Strength Training for Fat Loss and Building Muscle and Performance*, knows that a “one size fits all” approach can’t work. That’s why he developed this unique and cooperative approach—one that works to improve, not replace, your routine. For certified professionals, a companion continuing education exam is available, which can be completed after reading this book.

**Based on a book by Juan Carlos “JC” Santana, MEd, CSCS**

©2016 • Course with text, study guide, and exam

Print course: ISBN 978-1-4925-3154-8
$139.00 US ($178.95 CAD, $151.20)

$129.00 US ($165.95 CAD, $116.08)

**BEST SELLER! Functional Training**
Offering strength, endurance, power, and sport-specific programming in an accessible style, this course covers the concepts, exercises, progressions, and sequencing on which a sound functional training program is based. It covers a range of modalities and exercises including body weight and exercises with equipment that can be used at home or in a fitness facility.

**BEST SELLER! Muscle & Strength, Second Edition**
Presents core concepts and tactics for training 13 muscle groups and the whole body. Understand how to increase muscle mass, achieve maximal strength, and maximize fat loss with strength programs that use free weights, weight machines, or body weight.

**BEST SELLER! Timing Resistance Training for Peak Performance**
With CE Exam
Amy Ashmore

©2020 • Text with exam

Print book with online exam: 978-1-4925-9000-2

Ebook with online exam: 978-1-4925-9001-9

Check website for pricing

**NEW! Smarter Workouts With CE Exam**
Employ efficient and effective workout programs that use only one piece of equipment. Help your clients work out in a shorter period of time without expensive equipment or gym memberships. In *Smarter Workouts*, fitness expert Pete McCall explains the effects of exercise on the body so you can identify what will work best for your clients. Then you’ll gain access to fat-burning, core strength, and mobility workouts that will help produce real results.

©2019 • Text with exam

$79.00 US ($101.95 CAD, $71.10)

$69.00 US ($88.95 CAD, $52.49, $62.08)

Book and CE exam also sold separately.

**BEST SELLER! Complete Guide to Foam Rolling With CE Exam**
Foam rolling before, during, and after a workout can get blood flowing, stimulate muscles to work more efficiently, and initiate the recovery process to reduce soreness. Invest in your training success—and that of your clients and athletes—by applying these proven self-massage techniques.

Kyle Stull

©2018 • Text with exam

Print book with online exam: ISBN 978-1-4925-6117-0
$79.00 US ($101.95 CAD, $71.10)

$69.00 US ($88.95 CAD, $52.49, $62.08)

Book and CE exam also sold separately.

**BEST SELLER! Dumbbell Training**
Defines the art and science of dumbbell training in order to assist professionals in developing resistance training programs using dumbbells for fitness and sport. It offers 15 programs for increasing power, speed, agility, and balance, and includes step-by-step instructions and safety considerations for 78 exercises.

**Based on a book by Allen Hedrick, MA, CSCS,*D, FNSCA**

©2014 • Course with text, study guide, and exam

Print course: ISBN 978-1-4925-0562-4
$229.00 US ($294.95 CAD, $206.39, $247.68)

$219.00 US ($282.95 CAD, $164.99, $197.08)

**BEST SELLER! Balance Training, Third Edition**
Susan Bovre, MA

©2010 • Course with textbook and DVD, workbook, and exam

$239.00 ($307.95 CAD, $215.99, $259.20)
NEW! Science and Application of High-Intensity Interval Training With CE Exam
This ground-breaking text is based on current research and effective protocols, strategies, and programs used with the world’s top athletes. You will find a one-year training program for 20 popular individual and team sports, along with sport-specific preparation and competition phases and a real-world account of how HIIT was used to prepare athletes for competition.

Paul B. Laursen, PhD, and Martin Buchheit, PhD, Editors
©2019 • Text with exam
$179.00 US ($230.95 CAD, £134.99, €161.10)
$169.00 US ($217.95 CAD, £127.49, €152.08)
Book and CE exam also sold separately.

Running Anatomy, Second Edition, features 48 of the most effective strength exercises for runners, each with clear descriptions and full-color anatomical illustrations highlighting the muscles in action.

Each illustration helps you better understand how muscles, ligaments, and tendons all work together as the body moves. This book delivers exercises, insight, and illustrations to help increase muscle strength, optimize the efficiency of running motion, and minimize risk of injury in your clients.

Joseph Puleo and Patrick Milroy, PhD
©2019 • Text with exam
$69.00 US ($88.95 CAD, £51.99, €62.10)
$59.00 US ($75.95 CAD, £44.99, €53.08)
Book and CE exam also sold separately.

NEW! The Happy Runner With CE Exam
Following the “some work, all play” approach, The Happy Runner introduces the three commandments of happy running and teaches you how to help clients balance the effort of running with the simple joy of the activity. Understand how to adapt a running plan based on personal lifestyle and goals as well as avoid setbacks from injury, and identify strategies to help clients develop self-belief and make positivity the default setting so they can reach their goals.

David Roche and Megan Roche
©2019 • Text with exam
$69.00 US ($88.95 CAD, £51.99, €62.10)
$59.00 US ($75.95 CAD, £44.99, €53.08)
Book and CE exam also sold separately.

NEW! The Warm-Up With CE Exam
The Warm-Up describes the science of the warm-up and provides guidelines to maximize its effectiveness. Using the RAMP system—Raise, Activate, Mobilize, and Potentiate—you will see why the warm-up is more than preparation for the upcoming session; it is a key factor in athletic development and can cultivate the skills and movement capacities your athletes need to excel in sport. This is the system recommended by the United Kingdom Strength and Conditioning Association (UKSCA) and is included in professional resources developed by the NSCA.

Ian Jeffreys, PhD, ASCC, CSCS,*D, RSCC*E, FUKSCA, FNSCA
©2020 • Text with exam
$89.00 US ($114.95 CAD, £66.99, €80.10)
$79.00 US ($101.95 CAD, £59.99, £71.08)
Book and CE exam also sold separately.

BEST SELLER! Running Mechanics and Gait Analysis
Reed Ferber, PhD, CAT(C), ATC, and Shari Macdonald, BScPT, MSc
©2015 • Course with text, online video, and exam
$79.00 US ($101.95 CAD, £71.99, €86.40)
$69.00 US ($88.95 CAD, £52.49, €62.08)

Cycling Science
Stephen Cheung, PhD, and Mikol Zabala, PhD
©2018 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-6641-0
$159.00 US ($204.95 CAD, £119.99, €143.10)
$149.00 US ($191.95 CAD, £112.49, €134.08)
The Business of Personal Training

The Business of Personal Training CE Course will show you how to structure your business, plan for expenses and financing, and find the right staff. You’ll learn how to promote the services you offer, drive referral business and customer loyalty, and expand and diversify your business. Two appendixes offer sample templates and forms.

Mark A. Nutting
©2019 • Course with text, study guide, and exam
$139.00 US ($178.95 CAD, £104.99, €125.10)
$129.00 US ($165.95 CAD, £97.49, €116.08)

Client-Centered Exercise Prescription, Third Edition

This CE course combines the science and art of individualized exercise prescription. Fitness professionals will gain in-depth knowledge and skills to perform activity counseling, design programs, modify exercise, demonstrate exercise, incorporate functionally integrated exercise, prevent injuries, and perform follow-up monitoring for clients with a variety of abilities.

Based on a book by John C. Griffin, MSc
©2015 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-1299-8
$149.00 US ($191.95 CAD, £98.27, €120.38)
$139.00 US ($178.95 CAD, £104.99, €125.08)

Fitness Professional’s Handbook, Seventh Edition

Fitness Professional’s Handbook, Seventh Edition, guides fitness professionals in screening participants, conducting standardized fitness tests, evaluating the major components of fitness, and prescribing appropriate exercise. This course combines standards, guidelines, and research from authorities in the field to arm readers with the knowledge to successfully work with a variety of clients and populations.

Based on a book by Edward T. Howley, PhD, and Dixie L. Thompson, PhD, Editors
©2017 • Course with text, study guide, and exam
$149.00 US ($191.95 CAD, £134.39, €160.92)
Online course: ISBN 978-1-4925-4869-0
$139.00 US ($178.95 CAD, £104.99, €125.08)

NSCA’s Certified Personal Trainer (NSCA-CPT) Online Study Course

Certified personal trainers assess, motivate, educate, and train clients regarding their health and fitness needs, using an individualized approach. This course ensures that those already certified continue to master these requirements that have made the NSCA-CPT certification a highly respected credential for personal training professionals.

National Strength and Conditioning Association
©2014 • Enhanced online course with text and exam
$269.00 US ($346.95 CAD, £242.99, €290.50)
$249.00 US ($320.95 CAD, £187.49, €224.08)
$199.00 US ($256.95 CAD, £149.99, €179.08)

NEW EDITION! Lifestyle Wellness Coaching, Third Edition

Lifestyle Wellness Coaching, Third Edition CE Course, offers a systematic approach to helping clients achieve enduring changes in their personal health and wellness behaviors through a supportive and forward-moving coaching relationship. This course examines real coaching conversations to assess key considerations, such as the types of questions to ask, how to provide feedback effectively, and how to facilitate action planning.

James Gavin, PhD, and Madeleine McBrearty, PhD
©2019 • Course with text, study guide, and exam
$159.00 US ($204.95 CAD, £119.99, €143.10)
Online course: ISBN 978-1-4925-6784-4
$149.00 US ($191.95 CAD, £112.49, €134.08)

COMING SOON! Bodybuilding With CE Exam

Written by expert bodybuilding coaches Peter Fitschen and Cliff Wilson, Bodybuilding: The Complete Contest Preparation Handbook With CE Exam will help you guide athletes through every step of the process to select a competition, prepare for the contest, and make the transition to the off-season. With no other book like it on the market, Bodybuilding offers scientifically supported and experience-based guidelines to help your athletes have their best show ever.

Peter J. Fitschen and Cliff Wilson
Foreword by John Meadows
©2020 • Text with exam
$89.00 US ($114.95 CAD, £66.99, €80.10)
$79.00 US ($101.95 CAD, £59.99, €71.08)
Book and CE exam also sold separately.

View our website for a full listing of approved credits and a complete list of courses.
NEW! Power Yoga With CE Exam

Expand your clients’ energy and sense of personal power with Power Yoga With CE Exam. Dozens of warm-up, power, peak, and cool-down poses are presented in full color, and adaptations to modify or intensify each pose allow you to customize your practice for each client. Sequences ranging from 5 to 60 minutes offer options that match specific goals and lifestyle needs, and the 28-day plan can be adjusted into a customized plan based on the desired results.

Leah Cullis
©2019 • Text with exam
$89.00 US ($114.95 CAD, £66.99, €80.10)
$79.00 US ($101.95 CAD, £59.99, €71.08)
Book and CE exam also sold separately.

NEW! A Journey Into Yin Yoga With CE Exam

World-renowned yoga instructor Travis Eliot guides you through this contemporary and effective approach for strengthening the mind, body, and spirit. You will learn about the origins and practice of yin yoga, a challenging approach in which poses are held for several minutes to target the connective tissues of the hips, pelvis, and lower spine. You will learn to help clients mindfully transition between poses and gently allow tissues to stretch, facilitating better circulation and joint health for your clients and improving their flexibility.

Travis Eliot
©2019 • Text with exam
$69.00 US ($88.95 CAD, £51.99, €62.10)
$59.00 US ($75.95 CAD, £44.99, €53.10)
Book and CE exam also sold separately.

Fusion Workouts

Fusion Workouts offers guidance in how to effectively and safely create enjoyable, effective workouts that use exercises from Pilates, barre, yoga, and traditional fitness. Combining the four disciplines into creative sequences can help your clients gain strength, muscle definition, flexibility, balance, and overall mind–body health.

Helen Vanderburg
©2017 • Course with text, study guide, and exam
$99.00 US ($127.95 CAD, £89.99, €106.32)
$89.00 US ($114.95 CAD, £67.49, €80.08)

NEW! Teaching Power Yoga for Sports With CE Exam

Teaching Power Yoga for Sports With CE Exam prepares you to develop and teach yoga programs that are directly relatable to specific sports and player positions, resulting in more resilient athletes who consistently compete at the top of their game. Author Gwen Lawrence shares her approach, developed through years of work with sports’ top professional teams, coaches and elite athletes. She takes into account the athlete’s training cycle, the position they play, and common movements and injuries in the sport.

Gwen Lawrence
©2019 • Text with exam
$89.00 US ($114.95 CAD, £66.99, €80.10)
$79.00 US ($101.95 CAD, £59.99, €71.08)
Book and CE exam also sold separately.

Stretching Anatomy, Second Edition

Stretching Anatomy, Second Edition CE Course, is a visual guide to 86 stretches for increasing range of motion, muscular strength, stamina, posture, and flexibility. The 101 full-color anatomical illustrations highlight the primary muscles and surrounding structure engaged.

Based on a book by Arnold G. Nelson, PhD, and Jouko Kokkonen, PhD
©2016 • Course with text, study guide, and exam
$89.00 US ($114.95 CAD, £80.39, €96.48)
$79.00 US ($101.95 CAD, £59.99, €71.08)
Essentials of Fitness and Health, Second Edition

Physical activity and nutrition can have a major impact on an individual’s current and future health. This course merges research-based, scientific information with practical and adaptable plans to help you construct a customized program. This course provides simple ways to assess your client’s current health status and, using the insights gained, enhance an exercise program as well as make optimal nutrition decisions that support personal goals.

American College of Sports Medicine
©2017 • Course with book, study guide, and exam
$139.00 US ($178.95 CAD, £125.99, €150.12)
$129.00 US ($165.95 CAD, £97.49, €116.08)

NEW EDITION! Advanced Fitness Assessment and Exercise Prescription, Eighth Edition

Provides instruction in performing appropriate and reliable assessments of your clients, followed by guidelines for designing customized exercise programs to improve their fitness. The course and text synthesize research and practice with concepts and theories from exercise physiology, kinesiology, measurement, psychology, and nutrition to clearly convey how assessments of physical fitness inform the design of individualized exercise programs.

Ann L. Gibson, PhD, Dale R. Wagner, PhD, and Vivian Heyward, PhD
©2019 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-6290-0
$189.00 US ($243.95 CAD, £141.99, €170.10)
Online course: ISBN 978-1-4925-6292-4
$179.00 US ($230.95 CAD, £134.99, €161.08)

Applied Health Fitness Psychology

Provides an understanding of the psychological factors that inhibit and promote physical activity and positive lifestyle behavior change in clients. Gain insight to psychological motivational theories and models of exerciser behavior to help your clients establish and maintain positive attitudes, emotions, and behaviors for a healthy lifestyle. Barriers to positive health behavior plus personal, situational, cultural, spiritual, and environmental factors are also discussed.

Based on a book by Mark H. Anshel, PhD
©2015 • Course with text, study guide, and exam
$239.00 US ($307.95 CAD, £215.99, €259.20)
Online course: ISBN 978-1-4925-0869-4
$229.00 US ($294.95 CAD, £172.49, €206.08)

BEST SELLER! Athletic Movement Skills

Shares a high level of expertise to explain body mechanics, performance development, and effective training, regardless of the age and stage of the athlete. Beginning with foundational elements such as observing, analyzing, and improving postural control to develop more resilient athletes, this course presents a progressive structure for creating a movement program to accelerate the development of speed, power, and strength.

Clive Brewer
©2018 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-6053-1
$159.00 US ($204.95 CAD, £119.99, €143.10)
$149.00 US ($191.95 CAD, £112.49, €134.08)

NEW! Assessments for Sport and Athletic Performance With CE Exam

Offers a streamlined guide through the process of identifying appropriate tests for athletes or clients, making use of common low-cost equipment to administer the tests, interpreting data, adjusting training programs based on the results, and continually monitoring training. For each assessment, this text includes a script of directions to give the athlete or client being tested to ensure the tests are performed correctly.

David H. Fukuda, PhD
©2019 • Text with exam
$79.00 US ($101.95 CAD, £59.99, €71.10)
$69.00 US ($88.95 CAD, £52.49, €62.08)
Book and CE exam also sold separately.

Postural Assessment

This course breaks down the complex and holistic process of assessing posture into easy-to-assimilate sections. You will find discussion of the ideal posture and the factors affecting posture as well as how to provide the correct environment for postural assessment, necessary equipment, and the importance of documenting assessment findings. Then, you will discover procedures for executing postural assessments from standing posterior, lateral, and anterior views as well as with the patient or client in a seated position.

Jane Johnson
©2016 • Print course with text, study guide, and exam
$109.00 US ($140.95 CAD, £98.39, €118.08)
$99.00 US ($127.95 CAD, £74.99, €89.08)
NEW! Pilates for Rehabilitation

The Pilates for Rehabilitation CE Course will help you apply proven Pilates methods to address dysfunction and help your patients achieve optimal performance. In addition to instructions for Pilates apparatus and mat work, you will learn the indications and contraindications of each exercise and the primary muscles involved so you can determine when the exercise is appropriate for each client. Modifications and progressions allow for adaptation of exercises based on the stage of rehabilitation or the severity of the injury or condition being treated.

Samantha Wood, MPT, MBA, PMA-CPT, RYT
©2019 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-6868-1
$149.00 US ($191.95 CAD, £111.99, €134.10)
$139.00 US ($178.95 CAD, £104.99, €125.08)

Monitoring Training and Performance in Athletes

The use of performance monitoring systems in athletic training has grown due to technological advances. Practitioners who work with athletes in a range of sports use these systems to observe athlete data, including exercise intensity, athletic fitness, and body responses. Monitoring Training and Performance in Athletes CE Course is a compilation of evidence-based guidelines and best practices for athlete monitoring that will help certified professionals keep up with these advances and ultimately incorporate training adjustments to optimize performance.

Mike McGuigan, PhD, CSCS
©2017 • Course with book, study guide, and exam
Print course: ISBN 978-1-4925-3521-8
$149.00 US ($191.95 CAD, £111.99, €134.10)
$139.00 US ($178.95 CAD, £104.99, €125.08)

NEW! Therapeutic Stretching Video With CE Exam

With both active and passive stretches outlined for a range of musculoskeletal conditions and injuries, Therapeutic Stretching Video With CE Exam offers a range of rehabilitative stretches for the entire body. Jane Johnson, a practicing physiotherapist, sport massage therapist, and body work instructor, demonstrates active and passive stretching as a treatment option for your clients.

Jane Johnson, MSc
©2019 • Online video with exam
$30.00 US ($38.95 CAD, £22.49, €27.00)

COMING SOON! Sports Massage for Injury Care With CE Exam

Experienced sports therapist Bob McAtee explains the types of soft tissue injury most common in sport and explains why manual therapy is so valuable in treating musculoskeletal injuries. The book emphasizes the importance of accurate assessment and evaluation, and focuses on 20 of the most common neuromuscular injuries seen in athletes. For each injury, there are assessment recommendations, treatment options and injury-specific protocols, and self-care options for when the athlete is not on the treatment table.

Robert E. McAtee, LMT, BCMTB, CSCS
©2020 • Text with exam
Book and CE exam also sold separately. Check website for pricing

NEW! Deep Tissue Massage Video With CE Exam

Many clients enjoy the sensation of deep tissue massage, yet some therapists shy away from incorporating this form of massage into their treatments. In Deep Tissue Massage Video With CE Exam, Jane Johnson, a chartered physiotherapist and sport massage therapist specializing in musculoskeletal occupational health, demonstrates how to use compressive and stretching techniques in ways that are safe and effective for you and your clients.

Jane Johnson, MSc
©2019 • Online video with exam
$30.00 US ($38.95 CAD, £22.49, €27.00)

NEW EDITION! Soft Tissue Release, Second Edition

In Soft Tissue Release CE Course, Jane Johnson shows you techniques for the three types of soft tissue release (STR): passive (clients do not help), active-assisted (clients and therapists work together), and active (clients do it on their own). The book and video provide guidance on performing each type, along with key holds, moves, and stances for various muscles, helping you incorporate the proper techniques into a treatment program for your clients.

Jane Johnson, MSc
©2019 • Text and online video with exam
$80.00 US ($102.95 CAD, £59.99, €72.00)
$70.00 US ($89.95 CAD, £52.49, €63.00)

NEW! Pilates for Rehabilitation

The Pilates for Rehabilitation CE Course will help you apply proven Pilates methods to address dysfunction and help your patients achieve optimal performance. In addition to instructions for Pilates apparatus and mat work, you will learn the indications and contraindications of each exercise and the primary muscles involved so you can determine when the exercise is appropriate for each client. Modifications and progressions allow for adaptation of exercises based on the stage of rehabilitation or the severity of the injury or condition being treated.

Samantha Wood, MPT, MBA, PMA-CPT, RYT
©2019 • Course with text, study guide, and exam
Print course: ISBN 978-1-4925-6868-1
$149.00 US ($191.95 CAD, £111.99, €134.10)
$139.00 US ($178.95 CAD, £104.99, €125.08)

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Mike McGuigan, PhD, CSCS
©2017 • Course with book, study guide, and exam
Print course: ISBN 978-1-4925-3521-8
$149.00 US ($191.95 CAD, £111.99, €134.10)
$139.00 US ($178.95 CAD, £104.99, €125.08)

NEW! Therapeutic Stretching Video With CE Exam

With both active and passive stretches outlined for a range of musculoskeletal conditions and injuries, Therapeutic Stretching Video With CE Exam offers a range of rehabilitative stretches for the entire body. Jane Johnson, a practicing physiotherapist, sport massage therapist, and body work instructor, demonstrates active and passive stretching as a treatment option for your clients.

Jane Johnson, MSc
©2019 • Online video with exam
$30.00 US ($38.95 CAD, £22.49, €27.00)

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Robert E. McAtee, LMT, BCMTB, CSCS
©2020 • Text with exam
Book and CE exam also sold separately. Check website for pricing

NEW! Deep Tissue Massage Video With CE Exam

Many clients enjoy the sensation of deep tissue massage, yet some therapists shy away from incorporating this form of massage into their treatments. In Deep Tissue Massage Video With CE Exam, Jane Johnson, a chartered physiotherapist and sport massage therapist specializing in musculoskeletal occupational health, demonstrates how to use compressive and stretching techniques in ways that are safe and effective for you and your clients.

Jane Johnson, MSc
©2019 • Online video with exam
$30.00 US ($38.95 CAD, £22.49, €27.00)

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Jane Johnson, MSc
©2019 • Text and online video with exam
$80.00 US ($102.95 CAD, £59.99, €72.00)
$70.00 US ($89.95 CAD, £52.49, €63.00)
BEST SELLER! Low Back Disorders, Third Edition
Guides you through assessment and treatment of low back pain, providing evidence-based research on methods of rehabilitation and prevention of future injury. This course contains all of the essential tools for those who work with clients and patients who have low back maladies, and presents the research and applications of back anatomy and biomechanics to build effective prevention and rehabilitation programs for patients or clients.

Based on a book by Stuart McGill, PhD
©2016 • Course with text, online video, study guide, and exam
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