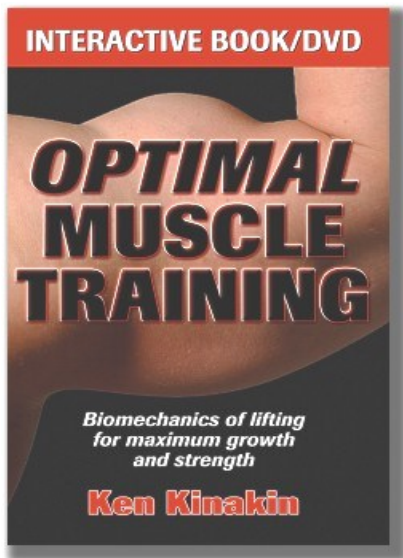


# Optimize Strength Training Strategies!



## ***Interactive Resource on Optimal Strength Training!***

***Providing you the keys for optimizing muscle, joint, nerve & biomechanical functions with a detailed series of testing procedures, exercise demonstrations, and training guidelines.***

***Develop powerful, effective training programs for all your patients!***

### **A Powerful, Integrated Training Tool!**

This comprehensive and interactive Book and DVD package shows you how to ID and assess imbalances, and specific training considerations that help you develop optimal resistance exercise protocols for every patient.

### **A Valuable Multi-Media Reference!**

Provides key insights on how the body develops imbalances and how to pinpoint problems, plus how to direct training for flexibility and strength to correct imbalances and optimize muscle function.

— DVD enhances the book's information with itemized steps for testing and constructing training programs — includes three levels of individualized muscle testing, over 100 exercises, and detailed steps to develop and monitor individualized training programs!

### **Includes Testing, Technique, and Corrective Training!**

- The Anatomy of Optimizing Strength
- Risk-Benefit Ratios in Weight Training
- Assessing Weight-Training Readiness
- Functional Tests & Steps for Screening
- Linking Muscles to Exercise Movement
- Managing Variables for Optimal Results

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