



# Advanced Concepts of Personal Training Lab Manual

*National Council on Strength & Fitness*

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The NCSF Lab Manual It is the text version of the practical activities you may be held accountable for on the NCSF-CPT Exam. The 180-page manual is comprised of ten (10) labs, each containing several activities serving as an essential part of the learning experience. The Lab Manual expands on the textbook, turning exercise theory into practical application. Through the use of topic specific supportive text, detailed illustrations, graphs and charts, the Lab Manual successfully bridges the gap between exercise theory and personal training practice. Lab activities range from exercise program design to weight management. The NCSF Lab Manual is a companion product of the NCSF Advanced Concepts of Personal Training textbook

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