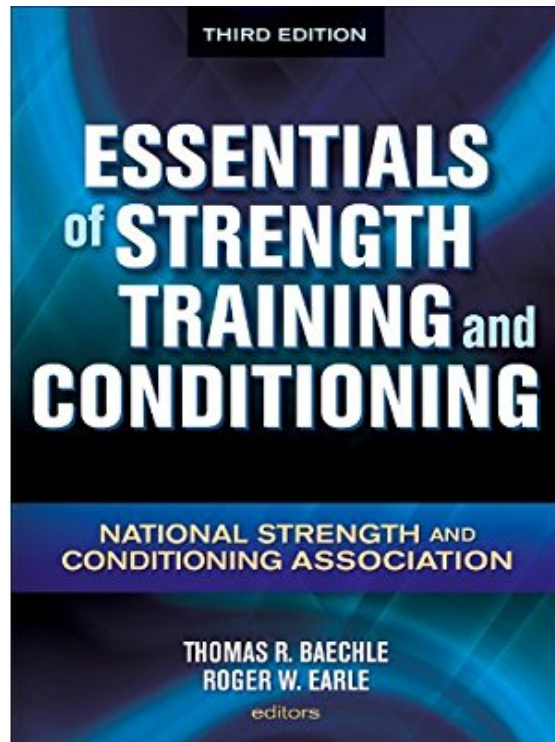


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Synopsis :

About the Author Thomas R. Baechle, EdD, CSCS,*D, NSCA-CPT,*D, is chair of the exercise science and athletic training department at Creighton University in Omaha, Nebraska. In his career covering more than 35 years as a fitness professional and academician, Baechle has earned numerous certifications and awards, taught at various universities, held a variety of professional and civic offices, and volunteered for many national and international associations and organizations related to fitness and personal health. Baechle is widely published and lectures frequently. His recent honors include receiving the Outstanding Writing Achievement Award from Human Kinetics in 2007, Merit for Excellence in Education and Development of Professional Standards from the International Fitness Institute in 2006, the Distinguished Faculty Service Award from Creighton University in 2002, and the Lifetime Achievement Award from the NSCA in 1998. Baechle makes his home with his wife, Susan, in Omaha. Roger W. Earle, MA, CSCS,*D, NSCA-CPT,*D, earned his master's degree from the University of Nebraska at Omaha in exercise science. He is the associate executive director for National Strength and Conditioning Association (NSCA) Certification, where he is responsible for developing the Certified Strength and Conditioning Specialist (CSCS) and the NSCA-Certified Personal Trainer (NSCA-CPT) certification exams. Previously Earle served as the head strength and conditioning coach and a faculty member of the exercise science and athletic training department at Creighton University in Omaha. Earle has over 20 years of experience as a personal fitness trainer for people of all age and fitness levels, and he frequently gives lectures at national and international conferences about designing personalized exercise and training programs. He coauthored the first and second editions of Fitness Weight Training and coedited both the NSCA's Essentials of Personal Training and the first and second editions of Essentials of Strength Training and Conditioning. Earle enjoys spending time with his wife, Tonya, and their four daughters at their home in Glendale, Arizona. Read more Essentials of Strength Training and Conditioning - 3rd

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