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About The Author. Chris Cooper, NSCA-CPT, LMT is a personal trainer with 10 years of experience in the fitness profession. He is co-owner of Active Movement & Performance, a training facility on Long Island. In addition to being a trainer, he is also a New York State Licensed Massage Therapist, which has allowed him to blend the two worlds to not only get his clients stronger and in better ...

Manual Therapy & The Personal Trainer's Scope of Practice

Una volta trasferito il programma sul training computer, andare su MENU > PROGRAMMA e premere START (INIZIA). È possibile cercare tra le sessioni di allenamento pianificate con i pulsanti UP (SU)/ DOWN (GIÙ) e selezionare la sessione di allenamento che si desidera effettuare (ad esempio, Gio 26.8.Corsa lunga 20 km).

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