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guidelines for coaches and athletes.

Strength Training:

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The first three levels of the Performance Pyramid covered in the Basics of Strength and Conditioning Manual will help prepare you to monitor or supervise strength and conditioning workouts. However, the NSCA highly recommends that any coach who wants to design or conduct an exercise program be CSCS® certified. The top level of the Performance Pyramid is touched on briefly in the Basics of Strength and Conditioning

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Ultimately, the goal of NSCA's Essentials of Tactical Strength and Conditioning is to help prepare those seeking TSAC-F certification and to serve as a resource for professionals so that they can implement an optimal strength and conditioning program targeted for tactical athletes that will decrease their risk of injury and optimize performance.

NSCA's Essentials of

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