

Train Like the Pros with the New PES

Earn the Performance Enhancement Specialist (PES) credential with the advanced NASM Essentials of Sports Performance Training

- **Grow your bottom line** through new service offerings, increased trainer retention & client satisfaction
- **The Performance Enhancement Specialist (PES)** is the preferred sports performance training credential of professional athletes and teams
- **Learn** progressive, integrated training techniques and programs to keep athletes performing at the highest level
- **Enhanced course now includes** textbook, study guide, DVD, Exercise video library, interactive Flash presentations, practice quizzes, iPod download, exam and more

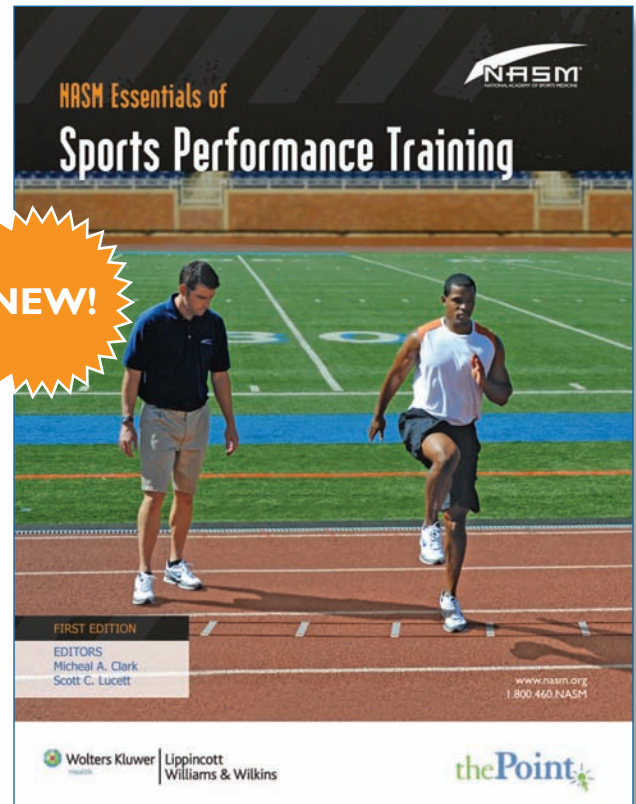
Based on the OPT™ methodology and backed by scientific studies at the NASM Research Institute at UNC Chapel Hill, the PES credential is ideal for:

- Athletic trainers
- Chiropractors
- Coaches
- Physical therapists
- Personal fitness trainers
- Strength and Conditioning coaches

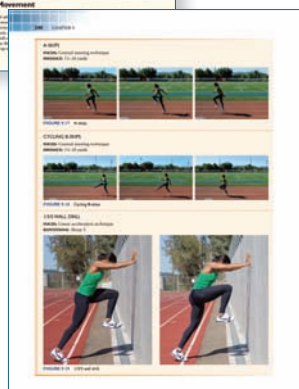
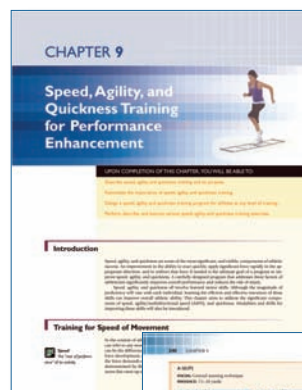
Enroll today and advance your knowledge, your athletes and your career as an NASM PES.

CEU Approved: NASM 1.9, ACE 2.0, NSCA 2.0

CEU Approval Pending: BOC



PES enrollees must have the NASM-CPT and/or a bachelor's degree in a health and fitness related field.



"I follow the NASM OPT model guidelines: stabilization, strength and power. Any other order is counterproductive. You have to build the pyramid before you can get to the top!"

Erik Phillips
Senior VP, SportXcel
Strength & Conditioning Coach, Athletic Trainer
Formerly with the Phoenix Suns, Denver Nuggets and Colorado Avalanche

**To purchase, call 800.460.6276, Option 1.
For Corporate Accounts, Option 2.**