



## ACSM's Metabolic Calculations Handbook

*American College of Sports Medicine*

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*American College of Sports Medicine*

## **ACSM's Metabolic Calculations Handbook** American College of Sports Medicine

This handbook provides a step-by-step approach to using metabolic equations, from basic math principles to applying the equations to an exercise plan. Chapters focus separately on each equation, provide an easy-to-follow process of solving, and demonstrate the varied uses of the equation in clinical as well as fitness settings.

Each chapter includes a set of problems that focus on real-world applications of the equation. Step-by-step problem solution explanations are provided at the end of each chapter. A comprehensive exam at the end of the book tests the reader's skill in using the equations.



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