

# Resources Mentioned

I linked to a ton of stuff throughout this article. I hope that you keep it, print off a copy, and use it as a guide moving forward. To make it easier for you, I've listed all of the resources linked throughout below. Some are free, and others are paid. In full disclosure, I might get financial compensation if you purchase a paid resource through my link below. Assume that I get paid, receive gifts, pats on the back, or sexual favours in exchange for referring you to any of the links below.

## **Paid Resources Mentioned (Ebooks / Video-based Courses)**

**Post Rehab Essentials** - Dean Somerset ([theptdc.com/postrehab](http://theptdc.com/postrehab))

## **Free Resources Mentioned (Articles / Free Ebooks)**

**Top 10 Tips for Hypertrophy Programming - Dan Trink** ([theptdc.com/2012/03/top-10-personal-trainer-tips-for-hypertrophy-programming/](http://theptdc.com/2012/03/top-10-personal-trainer-tips-for-hypertrophy-programming/))

**Top 10 Tips for Metabolic / Fat loss Programming - Dan Trink** ([theptdc.com/2012/04/top-10-personal-trainer-tips-for-metabolicfat-loss-programming/](http://theptdc.com/2012/04/top-10-personal-trainer-tips-for-metabolicfat-loss-programming/))

**Self-Myofascial Release, Purpose, Methods and Techniques** - Mike Robertson (Mike's site is [robertsontrainingsystems.com](http://robertsontrainingsystems.com). This book is great for quick reference and for providing handouts for clients - ([theptdc.com/wp-content/uploads/2012/02/Self-Myofascial-Release-Purpose-Methods-and-Techniques.pdf](http://theptdc.com/wp-content/uploads/2012/02/Self-Myofascial-Release-Purpose-Methods-and-Techniques.pdf))

**Client Behavior Change (Understanding the Transtheoretical Model)** - Mark Young ([theptdc.com/2012/04/client-behavior-change-a-key-to-personal-trainer-success/](http://theptdc.com/2012/04/client-behavior-change-a-key-to-personal-trainer-success/))

**Abs Plank - Fast Hands** - Nick Tumminello ([youtu.be/bJxomm2idAI](http://youtu.be/bJxomm2idAI))

**Skull Crushers** - Dan Trink ([youtu.be/Fta448I3CI4](http://youtu.be/Fta448I3CI4))

**Tight Pushup** - Dean Somerset ([youtu.be/7ngnZDQ3gIg](http://youtu.be/7ngnZDQ3gIg))

**Single Leg Squats** - Neghar Fonooni ([youtu.be/xYD-jESwBUA](https://youtu.be/xYD-jESwBUA))

**Glute Thrust** - Bret Contreras ([youtu.be/hCm-70-9\\_XE](https://youtu.be/hCm-70-9_XE))

**Pallof Press** - Nick Tumminello ([youtu.be/0UeD7T0U1gY](https://youtu.be/0UeD7T0U1gY))

**Glute Ham Raise** - Ben Bruno ([youtu.be/MgnQoO72Vw8](https://youtu.be/MgnQoO72Vw8))