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Fitness Complete Guide

Judy DiFiore



Fitness Complete Guide:

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Lawrence,2015-09-24 The Complete Guide to Exercise to Music 3rd edition is a practical handbook for the regular exerciser who wishes to know more about the enormous benefits of training to music and the fitness professional who seeks a thorough grounding in Level 2 and 3 knowledge This 3rd edition is fully updated to include Aspects of the core and skills based knowledge for Level 2 and 3 ETM instructors The latest research on safety in the exercise environment Adapting ETM for special populations Over 200 colour photographs demonstrating stretches and exercises Exercise to Music is one of the core modules of the Level 2 gym instructors syllabus and a new Level 3 qualification was added in January 2008 This edition covers all this knowledge using revision notes and tests as useful tools for the readers study The Complete Guide to Exercise to Music is the reference on this discipline for everyone involved in the health and fitness industry The Complete Guide to Soccer Fitness and Injury Prevention Donald T. Kirkendall,2011-07-15 What are the best fuel foods for soccer players What training regimen will best prepare young soccer players and improve their resistance to injuries This comprehensive guide to health and fitness for soccer players offers expert advice for soccer teams at all levels With decades of combined experience treating and training elite soccer players exercise physiologist Donald Kirkendall and orthopedic specialist William E Garrett Jr present complex issues in an easy to understand format The book addresses the physical and mental demands of the game including the differences between boys and girls games and the differences in the levels of play in youth college and professional leagues nutrition fundamentals including food drink and vitamin supplements physiology and training methods with an emphasis on the basic elements of flexibility speed strength and conditioning and injury treatment and prevention For players looking to step up their game for parents who want to keep their kids healthy and for coaches seeking the advice of the pros this guide is an indispensable reference to keep handy on the sidelines **The Complete Guide to Yoga for Fitness Professionals** Debbie Lawrence,Conrad Paul,2014-07-31 A yoga guide for fitness professionals and instructors outlining the different stages to yoga practice acknowledging the physiological principles history and how to teach it **The Complete Guide to Postnatal Fitness** Judy DiFiore,2013-12-13 An updated third edition of the guide for new mums fitness leaders and physios on how to regain fitness following the birth of a baby This Complete Guide includes exercises advice relevant anatomy and physiology All clearly explained fully updated and packed with exercises Includes new guidance and up to date references and all illustrations replaced with new photographs **The Complete Guide to Exercise Therapy** Christopher M. Norris,2014-08-28 A new title in the Complete Guide series Exercise Therapy will perfectly complement the Complete Guide to Sports Injuries and the Complete Guide to Clinical Massage Dr Christopher M Norris clearly explains the theory and the book is packed with practical therapies and demonstrations of good practice Exercise therapy concentrates on prescribing exercise as a form of rehabilitation when recovering from an injury Exercise therapy is mainly concerned with injuries people have suffered perhaps during sporting endeavour The Complete Guide to Boxing Fitness Hilary Lissenden,2015-01-08 A comprehensive practical guide to non contact boxing looks at workouts in an individual group or

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