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*Study guide in
preparation
for Can-Fit-
Pro's Personal
Training
Specialist
(PTS)*

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*certification
program and
test. Each
chapter in
this workbook
corresponds to
a chapter in
Can-Fit-Pro's
"Foundations
of
professional
personal*

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training"

manual.

Fracture

management is

a fast-moving

field with

investigative

modalities,

fixation

techniques and

post-operative

management

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*continually
being revised
and improved.
An explosion
of interest in
radius and
ulna fractures
has brought
new
technology,
innovative
operative*

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*approaches and
fresh ideas to
bear on these
complicated
injuries. This
volume,
combining
European and
North American
expertise from
leaders in the
field,*

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*discusses
cutting-edge
techniques
while still
emphasizing
practical,
proven
strategies for
achieving good
clinical
results after
these severe*

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fractures.

Going far

beyond

standard pull-

ups, push-ups,

and squats,

Bodyweight

Strength

Training

Anatomy

presents 156

unique

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*exercises that
work every
muscle in the
body. Detailed
anatomical
artwork
accompanies
step-by-step
instructions
for performing
each exercise
anytime,*

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*anywhere,
without the
need for
equipment or
machines.
From marketing
and sales to
budgets,
staffing, and
clientele
issues, The
Business of*

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Personal

Training walks you through the business-based side of personal training while teaching you the valuable skills you'll need to start, build, and

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*grow your
business.*

Exercise

Technique

Manual for

Resistance

Training

Exam Prep with

450 Practice

Questions for

the American

Council on

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***Exercise CPT
Examination
Postural
Assessment
Gourmet
Nutrition
Group Fitness
Instructor
Manual***

*"We've taken the
healthiest ingredients
and whipped them*

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into nearly 300 pages of delicious culinary creations that you can serve with confidence to the most discerning foodie-or the most nitpicky nutritionist. We've included detailed cooking instructions and ideas of improvisation. And we've even

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photographed every recipe in beautiful color to show you just how appetizing healthy food can be."--Back cover. Offering strength, endurance, power, and sport-specific programming, Functional Training is the most comprehensive resource for athletes,

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coaches, and athletic trainers. In an ever-changing field, it emphasizes proven techniques and approaches to training results.

"Prescriptive Stretching, 2E, includes instructions and illustrations for features full-color illustrations and instructions for 69

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stretches to improve flexibility and reduce pain. Partner stretches and ball self-massage exercises have been added to this edition. It also includes 10 programs to address different body areas"--

A comprehensive training manual that prepares athletes for

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*the demands of
obstacle course
racing. From grip
strength to balance,
exercises and
workouts address the
unique challenges of
this popular sport.
NASM Essentials of
Personal Fitness
Training
The Science of
Exercise Made Simple
The Ultimate*

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*Resource for Fitness
Professionals
YogaLean
The Successful
Trainer's Guide to
Marketing*

**Bigger Faster
Stronger (BFS) is
the premier
performance
program for high
school and
college sports.**

**BFS and the book
Bigger Faster
Stronger have led
teams to more
than 500 state
championships,
and that was just
the warm up. Now
in its third
edition, Bigger
Faster Stronger is
ready for the next
generation of**

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**athletes and the
next level of
performance.
Inside, you'll find
training
guidelines for in-
season and off-
season weight
training, as well
as the latest
strategies for
breaking through
plateaus,**

developing peak strength, and increasing power, flexibility, speed, and agility. You'll learn the proper exercise techniques for the big four lifts, as well as multiple variations and safety protocols.

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You'll also find recommendations for integrating new equipment, athlete monitoring systems, and other technology into your program to ensure maximum effectiveness and performance

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**gains. Bigger
Faster Stronger
can accommodate
any sport and
every level of
competition.
Safe, effective,
and relied on by
thousands of
athletes, coaches,
and
administrators, it
is the proven**

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**performance
program you can
trust.**

**Applied Health
Fitness
Psychology
considers
behavioral issues
regarding
exercise and
nutrition using a
research-to-
practice**

approach. This comprehensive text explains how health fitness psychology has emerged from other parent disciplines to become a wide-ranging discipline that can be addressed in various

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**exercise, fitness,
and health
settings, allowing
both current and
future
professionals to
assist their
patients or
clients in
adopting
healthier
lifestyles. Applied
Health Fitness**

Psychology uses contributions from sport and exercise psychology, counseling and clinical psychology, exercise science, sports medicine, and behavioral medicine to provide a

**scientific basis
for presenting
strategies for
behavior change.
Unique to this
text is a critical
consideration of
cultural,
spiritual, and
religious
components as a
factor in
initiating and**

**maintaining
exercise behavior.
The evidence-
based approach
will help readers
use techniques
and interventions
that promote
positive changes
among various
populations.
Students will
grasp the scope**

of this emerging field by studying the following topics:

- **The theoretical foundation of health behavior change and motivational theories**
- **Physical, cognitive, and motivational**

**obstacles to
adopting a
healthy lifestyle •
Use of cognitive
and behavioral
strategies and
interventions to
promote exercise
adherence, set
goals, and
improve fitness
and exercise
performance •**

Steps that will help students become professionals in health fitness psychology • Considerations in working with special populations, such as older adults, pregnant women, individuals

**recovering from
injuries, and
individuals with
chronic
conditions or
dysfunctional
eating behaviors
Chapter
objectives at the
start and a
summary, review
of key concepts,
and student**

activity at the end of each chapter help students and instructors stay focused on understanding the main concepts and putting this information into practice.

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book keep
readers engaged
with the material.
From Research to
Real World
sidebars show
students how the
information in
the text can be
used in multiple
professions and**

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many
applications for
health fitness
psychology in
today's society.
For instructors,
Applied Health
Fitness
Psychology
includes online
access to a
presentation**

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package. While
modifying a
person's—or a
culture's—disdain
for exercise will
not happen
quickly, Applied
Health Fitness
Psychology
equips aspiring
and practicing
professionals**

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variety of health,
fitness, and allied
health fields with
strategies to help
people make the
shift to more
active and
healthy lifestyles.
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the 2021 exam,
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such as nursing,
pharmacy,**

**emergency care,
and physical
therapy becoming
the fastest and
largest growing
industries in the
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looking to enter
the healthcare
industry or rise in
their field need
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are thoroughly

prepared.

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and spirits, and**

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Essentials of
Interactive
Functional
Anatomy (IFA
Essentials) will
help students and
professionals**

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thoroughly review components of structural anatomy through computer graphic models of human anatomy derived from MRI scan data. Students and professionals alike will also be able to view fully interactive 3-D

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animations that detail muscle and joint function. A scaled down version of Interactive Functional Anatomy, this software features a complete high-resolution 3-D model of the human

musculature. The model can be rotated and allows for 11 layers of anatomy to be visually removed (from skin to bone) with a strip-away technique. Specific muscles within the 3-D model can be

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**highlighted for
viewing
accompanying
text about the
selected muscle,
such as name,
agonists,
antagonists,
proximal and
distal
attachments,
nerve
innervation,**

blood supply, and primary and secondary actions. Text also accompanies specific ligaments within the model, providing information on function, injury mechanism, and pathology of

**injury. IFA
Essentials also
includes the
following: -34
animations—each
of which can be
viewed from four
different angles—
show clinical
muscle function
and providing
students with a
strong sense of**

**the movement
and motions
around joints.
-Four animations
of gross human
motions
demonstrate
complete body
movements, such
as sit-ups and
push-ups,
coupled with live-
action video clips**

showing the electrical stimuli of active muscles.

- Views of any specific structure on the screen can be rotated up to 360 degrees and stopped at any point for viewing.**
- Related text on structures further defines**

**the structure
being viewed. The
anatomy text of
IFA**

**Essentials include
s bones,
ligaments,
muscles, tendons,
retinacula,
capsules,
cartilage, discs,
and membranes.**

The program

includes detailed animations for the shoulder, elbow and forearm, wrist and hand, trunk, hip, knee, and ankle and foot. Muscles that shorten and lengthen around each joint are color-coded to

show their functions. IFA Essentials also offers an interactive quiz. Students can select the level of difficulty and number of quiz questions. Then, using a multiple-choice format, they are asked to

**identify or locate
various
structures on the
model. For a
complete
selection of
Primal Pictures
software, visit ww
w.HumanKinetics
.com/Primal.
Minimum System
Requirements
Windows**

**-Windows®
98/2000/ME/XP
-Pentium®
processor or
higher -At least
32 MB RAM
-Monitor set to
800 x 600 or
greater -High-
color display
Macintosh -Power
Mac® -System
8.6/9/OSX -At**

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least 64 MB RAM

-Monitor set to

800 x 600 or

greater -Monitor

set to thousands

of colors

ACE's Guide for

Fitness

Professionals

Pilates Anatomy

Fitness, Yoga,

Pilates, and Barre

The Cookbook for

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**the Fit Food
Lover
Applied Health
Fitness
Psychology
Developed by the
National
Academy of
Sports Medicine
(NASM), this
book is designed
to help people**

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(CPT)
Certification
exam or learn the
basic principles
of personal
training using
NASM's
Optimum
Performance**

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**Training (OPT)
model. The OPT
model presents
NASM's
protocols for
building
stabilization,
strength, and
power. More than
600 full-color
illustrations and
photographs**

**demonstrate
concepts and
techniques.
Exercise color
coding maps
each exercise
movement to a
specific phase on
the OPT model.
Exercise boxes
demonstrate
core exercises**

and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions. What are the biggest obstacles to

**sticking to a
workout plan?
You don't have
enough time? It
costs too much?
You don't have
enough
equipment? You
don't know how
to get the results
you want? Now
you can set**

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**those excuses
aside. Smarter
Workouts: The
Science of
Exercise Made
Simple gives you
the solution you
need with
efficient and
effective workout
programs that
use only one**

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**piece of
equipment. You
can work out in a
short period of
time without
spending a lot of
money on
expensive
equipment or
gym
memberships—al
l while targeting**

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your personal goals. Exercise doesn't have to be difficult to figure out. In Smarter Workouts, fitness expert Pete McCall explains the effects of exercise on your body so you can

identify what will work best for you. He gives you access to fat-burning workouts that help you work smarter to produce real results. First, choose your target: improving mobility for

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**better balance
and coordination,
strengthening
your core for
better functional
movement, or
amping up your
metabolism with
sweat-inducing
conditioning
work. Then select
one of seven**

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**equipment
options to
perform your
workout:**

**Bodyweight
Dumbbell
Kettlebell
Medicine ball
Stability ball
Sandbag
Resistance band
Armed with a**

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**variety of
exercises and
organized plans,
you'll flow
quickly through
your workouts,
saving precious
time and
experiencing real
results. Put an
end to your
frustration and**

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package that includes both the book and the exam.

The text provides a useful overview of PNF stretching - safe and easy-to-use method that involves stretching the muscle,

**contracting it
isometrically
against
resistance, then
stretching it
again to a new
range of motion.
Whether you're a
fitness
professional,
therapist, coach,
athlete, or**

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**student,
Facilitated
Stretching, Third
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you assess
current muscle
function, improve
range of motion,
increase
strength, reduce
overuse injuries,
and enhance**

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physician adapts
his revolutionary
pain relief
technique--until
now available
only to
professionals--fo
r general**

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The Essentials of
Obstacle Race
Training
Poses and
Recipes to
Promote Weight
Loss and Vitality-**

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for Life!

**The Modern Art
of High Intensity
Training
Facilitated
Stretching**

*A book on high
intensity training
should deliver an
impact equal to the
training itself. Lucky
for you, this one
does. The Modern*

Art of High Intensity Training is sport and strength, movement and passion. It is a guide like no other. From the stunning artwork to the 127 workouts, it's designed to be a difference maker. Whether you use this resource as a supplement to an existing training

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program, or replace a program that has become tired and stale, you'll view and use this book time and time again. See high intensity training in an entirely new light. You'll find 40 exercises, each detailed and depicted with art, photos, and

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need and want in a workout program. Change, variety, inspiration, motivation, challenge, and results—it's rendered and written and delivered to you on every page. So now is the time. Make an impact. Whether you are new to exercise or a

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competitive athlete, at some point in your training you will hit the dreaded plateau. After a period of progression, suddenly you hit a wall. Your weight loss stalls. Your performance stagnates. Your body and your mind are in a rut and you

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may be tempted to just give up. While everyone hits a plateau, our bodies are not the same. Generic training programs may work initially but inevitably your body will stop responding in the same way. You have your own unique body, and to identify your

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greatest opportunities for improvement, you will find lots of low-tech, high-effectiveness tests to help you identify which training methods to use. Chances are you've already tried some different training methods, but you might be frustrated

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because they haven't worked as well as you'd like. The truth is no matter what your level is, there will always be weaknesses, just because strengthening previous weaknesses and making them into strengths will open

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up other weaknesses. The encouraging thing about that is that you can always progress, and by using the diagnostic tests that are covered in the book, you'll know exactly where to look to make progress. But generic programs are not the answer

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***to consistent and
continual progress.
This book covers
tests for 10 different
fitness qualities: Fat
Loss Muscle Mass
Strength Power
Speed Muscular
Endurance Aerobic
Endurance
Anaerobic
Endurance
Flexibility
Coordination Filled***

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with flowcharts and illustrative pictures you will understand and be able to easily apply the content to customize a program that works for you. Say good-bye to plateaus as you learn how to reach your ultimate potential. Whether you are a beginner starting a weight

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loss program, an athlete or a coach who must tailor training programs, this book will teach you to how to work with your body and your unique needs to design a program that will help you keep reaching your goals.

"This is a resource for strength and

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***conditioning
professionals,
health and fitness
instructors, and
personal trainers
who use resistance
training exercises in
their own programs
or in programs
designed for others.
College and
university faculty
and students will
find that this manual***

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and the online video clips complement hands-on instruction and aid in teaching exercise technique without requiring the use of a weight room. Further, this manual is a primary preparation resource for those preparing for NSCA's Certified

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***Strength and
Conditioning
Specialist (CSCS),
NSCA-Certified
Personal Trainer
(NSCA-CPT),
Certified Special
Population
Specialist (CSPS),
and Tactical
Strength and Condi-
tioning-Facilitator
(TSAC-F)
certification***

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exams"--

Do you think that earning a living from your love for exercise is a stretch? It's not. Careers in fitness are one of the fastest-growing segments of the US job market, and leading the way are personal trainers. In fact, the ranks of

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personal trainers have jumped by almost 50 percent over the last ten years, and there is no sign of this job growth slowing up any time soon.

Young and old, men and women, people of all income levels are signing up for fitness classes and personal training

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sessions at an ever-increasing rate. With obesity being blamed for many of the health problems that people face today, thousands of people throughout the nation are determined to shed their extra weight. These people are turning to personal trainers to assist

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them in reaching that goal. Reality television shows like The Biggest Loser have proven that no matter how overweight people are, they can slim down and learn how to stay fit with the aid of a knowledgeable personal trainer. Those who are

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already in good physical shape and want to stay that way also pay personal trainers to fine tune their exercise routines and provide expertise on the latest fitness trends. Athletes, dancers, rock singers, actors, and others whose professional careers

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rely on being in shape, retain personal trainers to keep them in peak form. Corporations bring in personal trainers to help top executives stay at their physical best. Today, more than ever before, the emphasis is maintaining good health by exercising

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***and eating properly,
and personal
trainers can provide
valuable insights in
both these areas.
Fitness is a service
industry. Every
client is different,
every client needs
an individualized
exercise program.
Being a personal
trainer is not a job
that can be taken***

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over by automation or outsourced to another country. This is work that needs to be done face to face, and your clients come to rely on your services. You become an important part of their weekly routine, and you tweak their fitness programs as

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they go through life. Outstanding personal trainers can keep their clients for many years. When your clients look and feel good, you are rewarded. The job takes discipline and dedication. Personal trainers have to stay focused and must keep their clients

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motivated. You are working with people one-on-one. You are in charge of their exercise regimens, and that makes being a personal trainer a results-oriented job.

Whether they love to exercise or don't, your clients want to look in the mirror and be happy with

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what they see. If they aren't, they may not continue working out with you. Successful personal trainers don't let their clients slack off. That means pushing clients to reach new fitness goals during every workout session, even though there are

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going to be days they just don't want to exercise. Each time you take on a client, you are putting your reputation on the line. With every success, the demand for your services grows, along with increased earnings. This

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contains a wealth of unbiased information about an occupational field, based on direct interviews with reliable experts. Careers Reports cover attractive and unattractive sides, opportunities, education necessary, personal qualifications

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required, earnings, descriptions of different job specialties, first person accounts by those in the field, and how to get started; including practical advice on what to do now. There are links to schools and colleges, associations,

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periodicals and other sources of useful information. Careers Reports are the results of impartial research that will give you answers for today and tomorrow. Careers Reports will help you choose the work which will fulfill your life and reward your

expectations. You may not know what you want to do -- even what there is to do. There never was a time when selecting a career was more important . . .or more baffling. Practical Guide to Exercise Physiology Study Guide for Foundations of Professional

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Oxford Textbook of
Neurorehabilitation
A handbook for
today's fitness
instructor. Group
fitness instructors
may be expected to
offer participants a***

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wide range of activities, such as indoor cycling, yoga and strength training, as well as aerobics. The contributors to this book are experts in a variety of fields, including exercise physiology, psychology and the law. The manual offers the foundation

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*of knowledge
necessary to teach
fitness in a group
setting. Topics covered
include: exercise
physiology;
fundamentals of
anatomy and applied
kinesiology; nutrition;
health screening;
designing a group
exercise programme;
teaching the class;*

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*adherence and
motivation;
disabilities and health
limitations; exercise
and pregnancy; injury
prevention and
emergency
procedures; and legal
and professional
responsibilities.*

*The New York Times
bestseller that
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*groundbreaking
scientific discoveries
can help each of us
achieve our personal
best Every week,
Gretchen Reynolds
single-handedly
influences how
millions of Americans
work out. In her
popular New York
Times column, she
debunks myths, spurs*

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conversation, and stirs controversy by questioning widely held beliefs about exercise. Here, Reynolds consults experts in a range of fields to share paradigm-shifting findings that were previously only available in academic and medical journals,

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*including: · 20
minutes of cardio is
all you need (and
sometimes six minutes
is enough) · Stretching
before a workout is
counterproductive ·
Chocolate milk is
better than Gatorade
for recovery Whether
you're running
ultramarathons or
just want to climb the*

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stairs without losing your breath, The First 20 Minutes will show you how to be healthy today and perform better tomorrow.

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*exercise resource
students will use
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*discover an approach
combining four
disciplines that will
help you gain
strength, muscle
definition, flexibility,
balance, and overall
mind–body health.*

*Fusion Workouts
guides you through a
five-step system
accounting for your
fitness level, goals,*

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*time available,
activity preferences,
and more. Then select
from 15 ready-to-
follow workouts, or
mix it up and create
your own. You'll find
more than 100
exercises and poses
along with easy-to-
follow guidelines for
sequencing them for
maximum efficiency,*

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effectiveness, and enjoyment. More Pilates and yoga with less barre? Less yoga and more fitness? No problem. This is your workout!

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medical entity
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on the
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research and

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neurology.

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understanding
of the
theoretical
underpinnings
of neurorehabilitation, as
well as a clear
idea about how
(and why) to
approach
treatment
decisions in
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determining
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contributes to a patient's or client's pain or dysfunction. Jane Johnson, a practicing physiotherapist and sport massage therapist and instructor, breaks down the complex and holistic process of assessing posture

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into easy-to-assimilate sections. Johnson begins with a discussion of ideal posture and the factors affecting posture as well as how to provide the correct environment for postural assessment, necessary

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equipment, and the importance of documenting assessment findings. Then she details procedures for executing postural assessments from standing posterior, lateral, and anterior views as well as with the patient or client in

a seated position. The text features tips for improving assessment technique, and What Your Findings Mean sections provide readers—students in particular—with guidance for systematic analysis. Each chapter ends with

five Quick Questions, with answers, to assist in gauging understanding of the topics covered. Information in the text is enhanced with detailed illustrations that offer visual cues to learning postural assessment and identifying

anatomical relationships. Line drawings illustrate bony landmarks used in the assessments, and numerous photos show both obvious and subtle postural variations. Reproducible illustrated postural assessment charts in the appendix

provide space for recording observations during each step of the assessment.

Postural Assessment can assist practitioners in learning what posture reveals about the relationships among various body parts and in

determining whether such relationships cause or contribute to pain or discomfort. As a resource for novices, Postural Assessment offers guidance in observing and identifying common postural forms and interpreting those

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Postural

Assessment is part of the Hands-On Guides for Therapists series, which features specific tools for assessment and treatment that fall well within the realm of massage therapists but may be useful for other

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body workers, such as osteopaths and fitness instructors. The guides include full-color instructional photographs, Tips sections that aid in adjusting massage techniques, Client Talk boxes that present ideas for creatively applying techniques for

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various types of clients, and questions for testing knowledge and skill.

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instructions for 27 of the most effective foam rolling techniques for muscle preparation and recovery. Reduce pain and restore function with therapeutic movements that help rehabilitate your body and reduce the risk of

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as your overall muscle and nervous system needs. You'll learn the difference between various types of rolling equipment and how to choose which is right for your individual needs. Special tips throughout the text provide

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Whether you are new to exercise or a competitive

athlete, at some point in your training you will hit the dreaded plateau. After a period of progression, suddenly you hit a wall. Your weight loss stalls. Y

our performance stagnates.

Your body and your mind are in a rut and

you may be tempted to just give

up. While

everyone hits a plateau, our bodies are not

the same.

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training
programs may
work
initiallybut
inevitably
your body will
stop
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the same way.
You have your***

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***own unique
body, and
to identify
your greatest
opportunities
for
improvement,
you will find
lots of low-
tech, high-
effectiveness
tests to help***

you identify which training methods to use. Chances are you've already tried some different training methods, but you might be frustrated because they

***haven't worked
as well as
you'd like.
The truth is
no matter what
your level is,
there will
always
beweaknesses,
just because
strengthening
previous***

weaknesses and making them into strengths will open up other weaknesses. The encouraging thing about that is that you can always progress, and

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**fundamentally
linked as you work
to tone the body,
stabilize the core,
improve balance,
and increase
flexibility. Use the
Personalize Your
Practice section for
each exercise to
vary your practice
and customize your**

workouts to fit your needs. Here you'll find modifications to make each exercise more accessible when there are limitations such as tight hamstrings or underdeveloped core strength.

Variations provide

variety, and progressions are offered to add more challenge to each exercise and serve as valuable stepping stones on your journey to more advanced Pilates exercise. Also included are techniques for

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body and your
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