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Mark Kleanthous

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The Complete Book of Men's Health Men's Health Books, 2000-08-22 Provides information on health related topics exercise diet and personal grooming Complete

Book of Throws, 2003 Jay Silvester's guide presents the reader with in depth analysis and teaching of the skills and techniques required for the shot put discus javelin and the hammer

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The Complete Book of Triathlon Training Mark Kleanthous, 2012 Covers all aspects of triathlon from getting started to training to how to finish a race

Runner's World Complete Book of Running Editors of Runner's World Maga, 2009-12-22 Revised and updated edition of the popular book on everything you need to know about running Summary of The Women's Health Big Book of Exercises

SellWave Audio, 2025-10-31 The Women's Health Big Book of Exercises is a definitive fitness resource designed to help women achieve stronger leaner and healthier bodies As the most comprehensive exercise guide created specifically for women it serves as an essential tool for beginners seeking guidance and for seasoned fitness enthusiasts aiming to refine their routines Packed with hundreds of tips the book draws on the latest exercise science and showcases innovative workouts

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sources on the complete spectrum of sports from basketball football and hockey to figure skating table tennis and weight training Focusing on English language works published between 1990 and the present the guide thoroughly covers traditional reference sources such as encyclopedias and bibliographies along with instructional sources in print formats online databases and Web sites To enable users in search of information on specific sports or fitness activities chapters are organized thematically according to broad type aquatic sports nautical sports precision and accuracy racket sports ice and snow sports ball sports cycling and so on with subcategories for such individual sports as soccer golf and yoga Within these categories works are further organized by type reference instructional and Web sites

The Complete Book of Butt and Legs Kurt Brungardt, Mike Brungardt, Brett Brungardt, 1994 A complete lower body fitness guide for everyone with a comprehensive collection of the best exercises to strengthen and tone

The Complete Book of Figure Skating Carole Shulman, 2002 The executive director of the Professional Skaters Association PSA provides proven technique instruction for more than 100 skills presenting them progressively from beginning to advanced levels of expertise 170 photos

Personal Trainer's Guide to Program Design IDEA Health & Fitness, 2002

The Complete Book of Nautilus Training Michael D. Wolf, 1984

Health Education Marion C. Chafetz, 1981-06-30 Summary 1197 entries to books dealing with current topics of disease prevention and health promotion Intended for layman and health personnel Covers specific areas of aging alcoholism and drug abuse fitness and exercise nutrition women s health health education environment industry and mental health Each entry gives bibliographic information and annotation Author index

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