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Brian Klepacki, MS, CSCS, FMS2

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Calisthenics For Dummies Mark Lauren, Joshua Clark, 2024-01-04 Get strong and stay healthy with workouts you can do at home Calisthenics For Dummies will teach you how to become stronger and leaner have more energy and less stress and live longer all while enjoying an exercise program that saves you time and money With calisthenics and bodyweight exercise you don't need any equipment just a little space and the knowledge to train comprehensively This book teaches you the basics with workouts covering all the muscle groups and important advice on how to stay injury free You'll find suggestions for multi week programs that you can ease into taking the intimidation out of working out Get motivated and get moving right away with this simple Dummies guide Get lean lose weight and build strength Add an easy quick workout routine to your self care strategy Exercise anywhere any time no gym membership or equipment needed Improve your coordination balance and joint health This book is great for anyone looking for a workout that they can do anytime and anywhere without having to spend a fortune on equipment Calisthenics For Dummies will give you the power to improve your health and stay fit

The Global Gym J. Andreasson, T. Johansson, 2014-06-17 By participating in the everyday life of fitness professionals gym goers and bodybuilders The Global Gym explores fitness centres as sites of learning The authors consider how physical psychological and cultural knowledge about health and the body is incorporated into people's identity in a local and global gym and fitness context

Your Workout PERFECTED Tumminello, Nick, 2019 Your Workout PERFECTED separates fact from fiction to improve fitness function and performance fat loss and physique Comprehensive and practical all exercises and workout programs are accompanied by step by step instructions training advice safety considerations and variations

Bestseller Book Launch Plan Dale L. Roberts, 2025-03-01 You've finished your book but how do you get readers A smart launch makes all the difference A great book isn't enough you need a launch strategy that gets eyes on your book and sales rolling in Whether you're a first time author or a seasoned pro launching your book the right way can boost visibility drive sales and build lasting success This step by step guide takes the guesswork out of launching a book helping you plan execute and optimize your release for maximum impact You'll discover Proven marketing strategies to make your book stand out How to build an ARC team that gets you real reader reviews The secret to using keywords and categories for visibility Strategies for leveraging ads social media and email lists How to create sustainable long term sales beyond launch day and much more You'll love this essential guide for authors because it's a book launch strategy that works Get it now

Strength Zone Training Nick Tumminello, 2022-04-25 Don't waste your time doing workouts that leave large gaps in your strength or load you up with unnecessary redundant exercises Take a strategic approach to your workouts by using a proven system that trains strength through each joint's true full range of motion Even if you lift you may still be missing something in your quest to get stronger Optimal training does not involve training all the muscles instead it trains all the ranges or zones of each muscle Many popular exercises work the same muscles the exact same way Performing redundant

exercises is a waste of your time In Strength Zone Training renowned personal trainer Nick Tumminello who has become known as the trainer of trainers shows you the following How to build strength through the true full range of motion The redundant exercises you just don't need to do The exercises to maximize upper body and lower body strength that are missing from your workout The angles most people don't do exercises for but should The best exercises to include in your program to train each muscle group A better strategy to follow when choosing your exercises Beginner and advanced workout plans for any schedule You'll find exercises addressing every area of the body with details on how to perform the exercise as well as coaching tips Select exercises are depicted with a stunning hybrid of photo and anatomical art highlighting the movements or zones that provide a training stimulus You will learn how to combine exercises within a workout in a smarter and more strategic way to collectively train through a full range of motion resulting in not just an improvement in physique but also an improvement in performance and a reduction in injury risk In addition to the exercises you'll find four chapters of easy to follow workout plans you can immediately use at the gym You can select a fully comprehensive workout plan that is right for you regardless of your training level or weekly schedule Strength Zone Training is the blueprint for building muscle with a purpose making it simple to create workout programs that eliminate exercise redundancy and use full range of motion so you can build a body that is all around stronger and more durable Choose your exercises and get ready to dominate Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam

The FastDiet - Revised & Updated Dr Michael Mosley, Mimi Spencer, 2015-01-06 This new diet allows users to eat whatever they like five days a week and then fast consuming 500 600 calories day for two nonconsecutive days and lose weight quickly and easily

The World's Fittest Book Ross Edgley, 2018-05-10 THE SUNDAY TIMES BESTSELLER How to train for anything and everything anywhere and everywhere The World's Fittest Book is set to become every fitness enthusiast's bible Dubbed the body's complete user guide it will become the go to resource for learning all you need to know about building muscle losing fat eating healthy cake and unlocking your superhuman physical potential Packed with workouts the author tried and tested in the pursuit of multiple world records it's more than a book it's the greatest training tool ever written Designed for anyone who wants to make permanent and lasting changes to their food and fitness it's the first book to combine the teachings tips and tricks of Olympic and World Champions into one easy to follow resource This book will show you how it's possible to Live below 10% body fat with the aid of chocolate and Mayan secrets Add 27% more muscle mass courtesy of tips from world heavyweight champions Increase speed by 10% thanks to gold medal winning Olympic sprinters Squat deadlift and bench weights you never dreamed of lifting with the guidance of the world's strongest men Improve endurance capacity by 60% thanks to the knowledge of world champions in multi endurance based sports all of which the author has achieved during the 10 year Fitness Pilgrimage that has taken him around the globe Aiming to be the most

eclectic and comprehensive fitness guide ever created The World's Fittest Book is the sum and substance of over a decade of research and the collective wisdom of some of the greatest minds and athletic bodies in history By learning the lessons within it readers will understand fitness better than the vast majority of the population Every chapter will have an easy to digest workout within it and can be read individually But if you want to read the stories and the science behind the routines that's there too Until now there hasn't been a book covering such an ambitious range of areas catering for the casual fitness enthusiast seeking clarity and guidance in their own gym routine and kitchen habits as well as the seasoned sportsperson who's hit a plateau and is searching for tips tricks and tweaks they can make to their training and diet This book changes that and will take you on a journey to whatever level of fitness you want to find [The 5 Minute Thigh Workout](#) Brian Klepacki, MS, CSCS, FMS2, 2021-12-27 You've probably been told that if you WANT the thighs of your dreams you have to spend hours doing endless squats lunges and leg presses over and over again But what if you discovered all your efforts were causing you to be LESS LIKELY to properly sculpt your inner thighs and get them in the shape you want The secret to strong attractive inner thighs is your adductors But NO ONE knows how to train them correctly When you've trained your adductors the right way you will finally be the proud owner of amazing thighs and closer to rocking that athletic shapely look Find out how to better sculpt your inner thighs with this 5 Minute Thigh Workout *Methods of Group Exercise Instruction* Mary M. Yoke, Carol K. Armbruster, 2019-06-03 In the constantly evolving world of fitness and exercise it is challenging to become and remain an effective group exercise instructor *Methods of Group Exercise Instruction Fourth Edition With Online Video* offers expert guidance in a variety of group exercise formats so current and aspiring instructors can hone their skills and create demand for their services The authors who have dozens of years of experience thoroughly explain group exercise training principles correction and progression techniques and safety tips They also have taught this course within a university setting This research based text will enhance the skills of group exercise leaders and prepare them to lead more dynamic safe and effective classes for clients of differing ages abilities and interests *Methods of Group Exercise Instruction Fourth Edition* goes beyond theory to help fitness instructors and managers understand the why behind class and program design the proper way to cue participants and the variety of modalities they can use in their teaching Revised and reorganized based on current industry best practices this edition includes the following Over 100 minutes of online video demonstrating warm ups routines drills and 15 new class formats A new chapter dedicated specifically to instructing older adults New coverage of high intensity interval training HIIT Two additional sample class plans for featured group exercise formats The text also features a number of additional learning aids to help readers retain and apply the content Pro Tips offer insights and expertise from industry veterans boxes and sidebars highlight important topics research findings and technique and safety checks practice drills offer opportunities to apply the information and evaluation forms are provided to self assess teaching success *Methods of Group Exercise Instruction Fourth Edition* will prepare any group fitness instructor for a successful

career Students will gain a strong foundation to earn their group fitness certification and veteran instructors will be able to refine their skills to increase their marketability and success

The Myofascial System in Form and Movement Lauri Nemetz, 2022-12-21 The field of myofascial science is changing rapidly In *The Myofascial System in Form and Movement* Lauri Nemetz invites readers into the rich dialogue around movement delving into anatomy concepts of space and the many other disciplines that are taking interest in the myofascial universe Nemetz uses insights from our spatial relationship with the world to examine the human body giving voice to the ideas and work of leaders in this area and prompting readers to develop their own ideas as well as offering application suggestions to discover in your own body or with others With an extensive background in art history myofascial movement anatomical dissection and more Nemetz uses her wealth of experience to weave together the many facets of this evolving area in a visually rich and thought provoking book

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