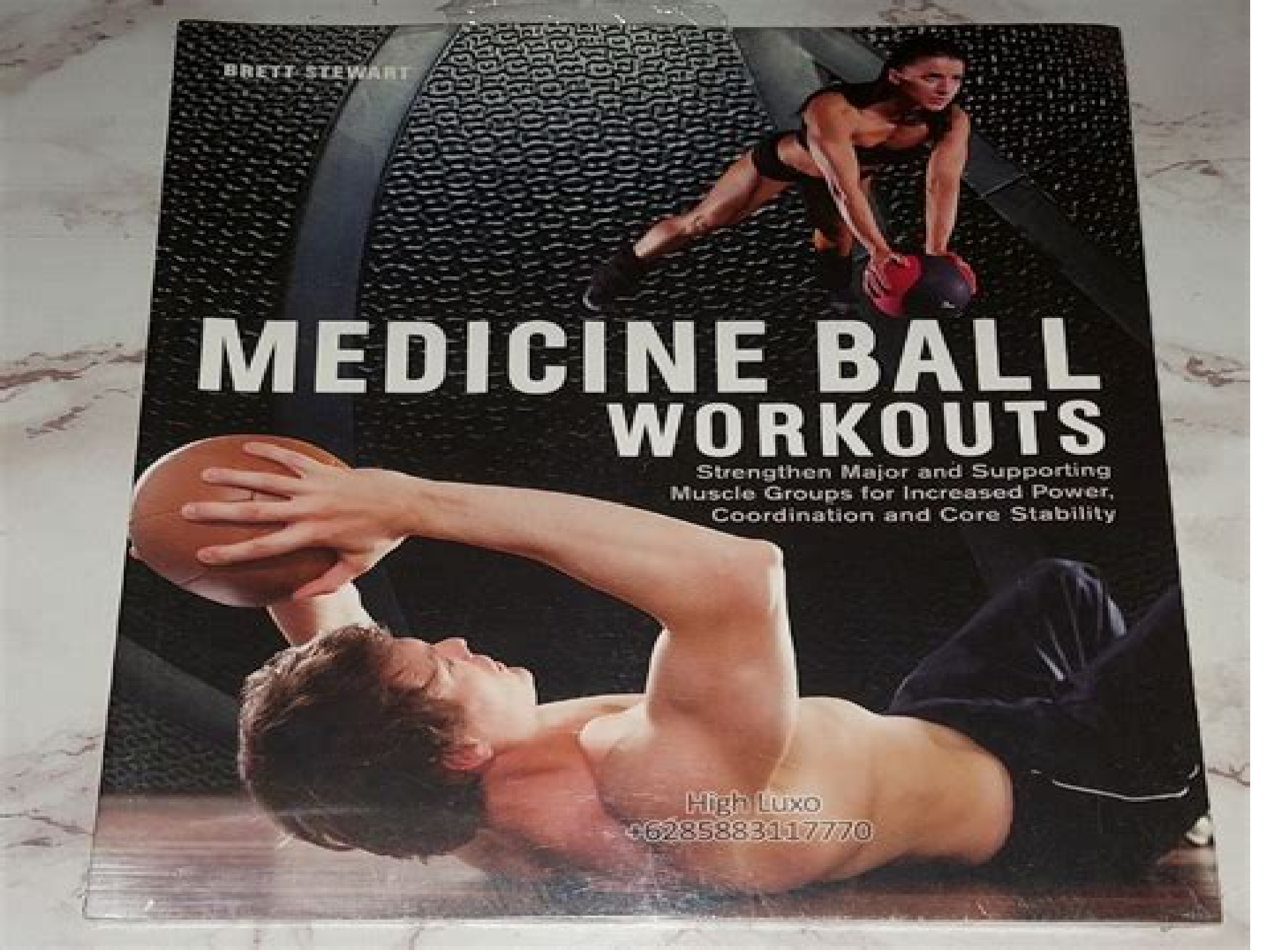




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The FastDiet - Revised & Updated Dr Michael Mosley, Mimi Spencer, 2015-01-06 This new diet allows users to eat whatever they like five days a week and then fast consuming 500 600 calories day for two

nonconsecutive days and lose weight quickly and easily *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 *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

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

The 5 Minute Glute Workout Brian Klepacki, MS, CSCS, FMS, 2021-12-27 Are you discouraged and frustrated because your butt isn't responding to your faithful training and endless number of thrusts squats lunges and deadlifts Believe it or not the glute muscles make up one of the LARGEST muscle groups in the human body These powerful muscles play an important role in supporting you when you stand walk run step and exercise But for many people the glute muscles aren't working right and this can lead to all sorts of issues like lower back and hip pain impaired balance leg weakness and decreased athletic performance In order to combat the damage that has been done to the glutes through sitting poor training techniques or injury you have to do the opposite of what you're doing right now Find out how to better target your glute muscles with this 5 Minute Glute Workout

Resistance Training Exercises Marina Aagaard, 2010-11-07 The most comprehensive compilation of resistance training exercises available Over 500 exercises with bodyweight dumbbells barbells tubes bands and balls For one on one partner and group strength training at all levels for novices beginners intermediate and advanced exercisers and Olympic athletes With more than 1000 photos and step by step text on proper exercise technique Basic posture starting position and safety precautions are explained in detail The book includes basic intermediate and advanced exercises from top to toe from inner unit to outer unit for optimal health fitness and performance and enjoyable time efficient workouts Including a comprehensive partner exercise section Resistance Training Exercises a Scandinavian bestseller is a valuable reference book for any coach trainer physical exercise leader personal trainer fitness instructor group exercise instructor physiotherapist and PE teacher as well as exercisers at all levels

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