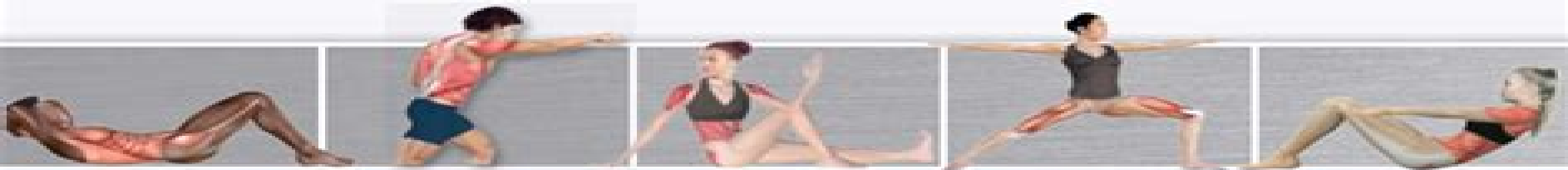


ULTIMATE GUIDE TO WEIGHT-FREE EXERCISES



WITH DETAILED INSTRUCTIONS AND ANATOMICAL ILLUSTRATIONS FOR 154 WEIGHT-FREE EXERCISES



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Ultimate Guide Fitness Workout

Donald T. Kirkendall, William E. Garrett



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Debbie Lawrence,Richard (Bob) Hope,2015-10-13 The Complete Guide to Circuit Training is the second edition of the definitive guide to planning and teaching a circuit class It is the established reference title on the subject for all group exercise instructors from trainees to the vastly experienced Circuit training is one of the original forms of group exercise and is still the most popular From fitness club classes through sport specific routines to the use in medical rehabilitation it has a very wide appeal This new edition has been completely updated to take full account of developments in the area and is now supported with detailed photography The book comprises four parts Circuit training and its role in fitness Planning and teaching Session structure Working with specific groups Written by two of the leading authorities on the subject it is sure to continue as a must have for all fitness professionals Formerly published as *Fitness Professionals Circuit Training* 2nd edition and now rebranded and in full colour in the Complete Guide series *Beginner's Guide to Fitness*

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management shedding light on topics such as budgeting taxation and diversification of income streams Readers are encouraged to adopt a strategic and sustainable approach ensuring long term success and resilience in the dynamic online marketplace

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