

Fitness The Complete Guide

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The Complete Guide to Yoga for Fitness Professionals gives you the necessary skills to become a successful yoga teacher or practitioner. Whether you are looking for information on planning, structuring and delivering a yoga class, or are looking to increase your general understanding and appreciation of the history and ancient lineage of yoga, our experienced authors are here to help.

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3 sets of 12 reps. Squat down and grasp a barbell with your hands roughly shoulder-width apart. Keep your chest up, pull your shoulders back and look straight ahead as you lift the bar. Focus on ...

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Fitness: The Complete Guide- Official Text for ISSA's Certified Fitness Trainer Program (Edition 8.6.6) Paperback – January 1, 2009. Enter your mobile number or email address below and we'll send you a link to download the free Kindle App. Then you can start reading Kindle books on your smartphone, tablet, or computer - no Kindle device required. To get the free app, enter your mobile phone number.

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The Complete Guide to Pregnancy and Fitness is an invaluable reference manual for anyone involved in prescribing exercise programmes for pregnant women. Packed with practical tips on designing activity programmes, as well as how to apply the correct techniques to over 40 exercises, aided by full colour photos.

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Walking Magazine the Complete Guide to Walking : For Health, Fitness, and Weight Loss by Mark Fenton. Globe Pequot Press, The, 2001. Paperback. As New.

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Fitness : the complete guide. [Frederick C Hatfield;] -- [This book] recognizes the existence of "good, better, best" in the world of fitness instruction, and wants to insure that everyone is on the same page when it comes to the science behind fitness.

~~Fitness : the complete guide (Book, 1996) [WorldCat.org]~~

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