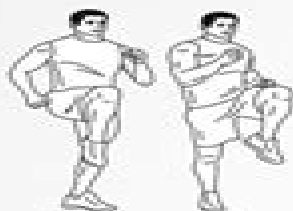


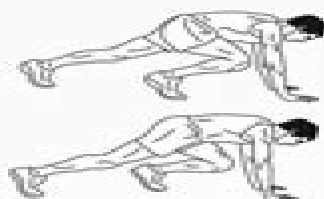
# Cardio & Core

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** high knees



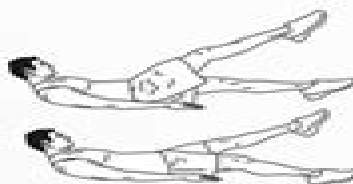
**10** climbers



**2** climber taps



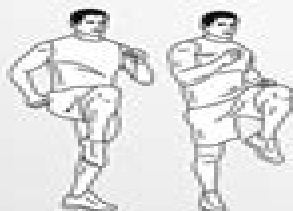
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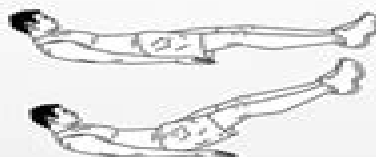
**10** flutter kicks



**2** scissors



**20** high knees



**10** leg raises



**2** raised leg circles

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**M Tight**



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**Methods of Group Exercise Instruction-3rd Edition** Carol Kennedy-Armbruster, Mary Yoke ,2014-02-12 Based on industry standards and guidelines this text highlights a variety of group exercise formats through training principles correction and progression techniques and safety to enhance the skills of group exercise leaders

**The Complete Book of Personal Training** Douglas Brooks,2004 This book is the most comprehensive and authoritative resource for you as a personal trainer whether you are a newcomer to the field or have a well established business The book is truly a complete resource it is full of information about working with clients and designing programs and it is a practical guide to all aspects of the personal training business It will help you in all aspects of your profession learn applicable information on fitness testing and assessment identify your clients goals and create fitness tests specifically for them learn how to develop cardiovascular strength and flexibility training programs properly train and help special populations understand the business side of personal training including marketing yourself as a trainer getting and retaining clients and learning time management learn how to expand your business back cover

**U.S. News & World Report** ,1997 *Understanding Nutrition* Eleanor Noss Whitney, Sharon Rady Rolfes, MS, RDN, Tim Crowe, Adam Walsh, 2019-08-30 Building upon Ellie Whitney and Sharon Rady Rolfes classic text this fourth Australian and New Zealand edition of *Understanding Nutrition* is a practical and engaging introduction to the core principles of nutrition With its focus on Australia and New Zealand the text incorporates current nutrition guidelines recommendations and public health nutrition issues relevant to those studying and working in nutrition in this region of the world A thorough introductory guide this market leading text equips students with the knowledge and skills required to optimise health and wellbeing The text begins with core nutrition topics such as diet planning macronutrients vitamins and minerals and follows with chapters on diet and health fitness life span nutrition and food safety Praised for its consistent level and readability careful explanations of all key topics including energy metabolism and other complex processes this is a book that connects with students engaging them as it teaches them the basic concepts and applications of nutrition

Learn to Live Fit Pearson Custom Publishing, 1996

**Client-centered Exercise Prescription** John C. Griffin, 2006 John Griffin presents an exercise prescription model that focuses on the unique body types and needs of clients This revised edition includes case studies reproducible hand outs questionnaires and tables to enhance teaching and learning

The New York Times Magazine ,1996-12

**Upscale** ,2000

**Get Fit - Stay Fit** William E. Prentice, 2000-06 This brief user friendly text is designed for students with little or no background in developing a personal fitness program Topics covered include principles of cardiorespiratory fitness muscular strength and endurance flexibility and nutrition Key points have been emphasized to explain why certain aspects of physical fitness should be important to individuals and how to become an informed consumer of physical fitness equipment and services

**The Aquatic Handbook for Lifetime Fitness** Jane Katz, 1996 The *Aquatic Handbook for Lifetime Fitness* is organized by skills allowing the instructor to set the order in

which he she teaches the material With an emphasis on both learning and reinforcing aquatic skills this book includes skill exercises and drills     *The Better Business Bureau A to Z Buying Guide* Virginia Schomp,1990     The Double Reed International Double Reed Society,1998     *Ebony Man* ,1986-11     **Training the Body to Cure Itself** Alice Feinstein,Prevention Magazine Health Books,1992 Demonstrates how to use exercise to heal back pain arthritis bursitis stress headaches and more serious ailments such as heart disease cancer and diabetes     **Sports Medicine Handbook** Alfred F. Morris,1985     **Dance Kinesiology** Sally Sevey Fitt,1988 Dance Kinesiology reflects modern techniques and includes articles addressing eight important systems of body work the Pilates Method Rolfing the Feldenkrais Method the Alexander Technique Ideokinesis Body Mind Centering the Bartenieff Fundamentals and Laban Movement Analysis     Track & Field Quarterly Review ,1988     **Working Woman** ,1993     *The Bottom Line Book of Everyday Solutions* ,2001  
**Stronger Faster** Brian Paul Kaufman,Sid Kirchheimer,The Editors of Men's Health Books,1997-05-15 Includes material on weight lifting stretching running bicycling and more as well as real life scenarios featuring Pat O'Brien Thomas R Carper governor of Delaware David Bradley author Gary Barnett Doug Colbeth and Tom Peters

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