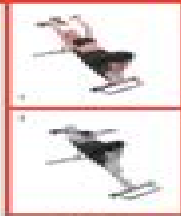


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Arm Pullover



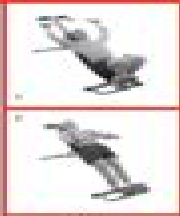
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Butterfly



MOVES
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Cardio Pull



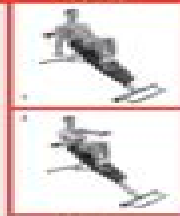
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Abdominal Crunch



MOVES
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Front Deltoid Raise



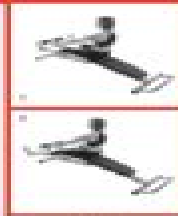
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Groin Stretch



MOVES
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Hip Abduction



MOVES
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Squat



MOVES
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Hurdle Stretch



MOVES
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Kneeling Kickback



MOVES
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Outside Twist



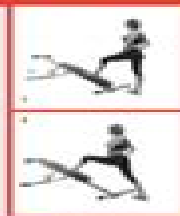
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Twisting Extension



MOVES
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Lunge



MOVES
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One Leg Squat



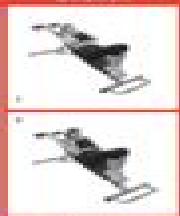
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Pull Up



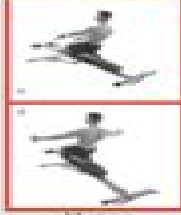
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Footy Air Crunch



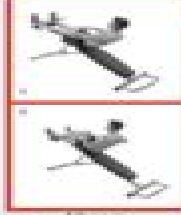
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Rear Deltoid Raise



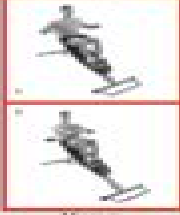
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Rowing



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Seated Bench Press



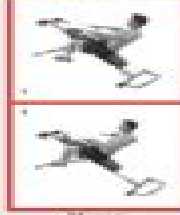
MOVES
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Seated Curl



MOVES
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Seated Row Pull



MOVES
1 2

Seated Row



MOVES
1 2

Side Bend



MOVES
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Twisting Squat



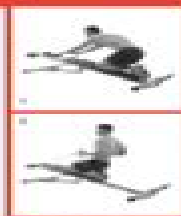
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Stretcher



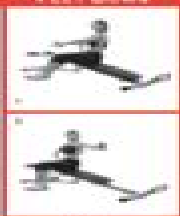
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Side Pull



MOVES
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Crossover Pull Feet Down



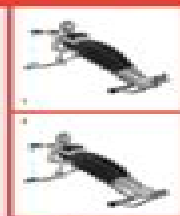
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Crossover Pull Feet Up



MOVES
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Toe Raise

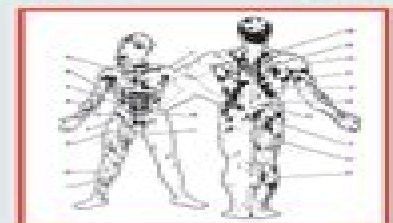


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Total Body Works Exercise Guide

J Elliott



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The Complete Idiot's Guide to Short Workouts Deidre Johnson-Cane, Jonathan Cane, Joe Glickman, 2001 Provides routines for fifteen thirty forty five and sixty minute cardiovascular and weight training workouts including information on seasonal and office workouts

The Miller Fitness Plan Carl Miller, 2005 Miller discusses the benefits of the motions used in Olympic style weight lifting that contribute to the strength endurance and flexibility that he has used in his approach with decades of hands on work with his clients

Ultimate Guide to Weight-Free Exercises Editors of Thunder Bay Press, 2022-03 Improve your strength and find the fun in fitness with more than 200 weight free exercises that can be done anytime anywhere Improving your strength doesn't require an expensive gym membership or tons of equipment you can make significant gains just from using your own body weight and the exercises in this book The Ultimate Guide to Weight Free Exercises includes more than 200 exercises that you can do anytime anywhere Step by step photographic instructions and detailed anatomical illustrations guide you through each exercise so that you can perform them safely and with confidence All the major muscle groups are covered in this helpful guide along with suggested routines to keep your workouts fun and rewarding

The IMPACT! Body Plan Todd Durkin, 2010-09-28 Todd Durkin is the most sought after personal trainer in sports and if you don't know his name you've definitely seen his work He is the man who helped world class athletes such as quarterback Drew Brees win a Super Bowl MVP pitcher Cole Hamels win a World Series MVP and professional snowboarder Shaun White win two Olympic gold medals He is known throughout sports as the one trainer who can use any person's unique raw materials to transform them into quite literally the best they can be Now Durkin has tailored his elite training program for anyone looking to transform their bodies Based on groundbreaking muscle matrix research Durkin's program is designed to adapt to your body to help you shed flab build strength and flexibility and enhance your athletic performance

The Complete Idiot's Guide to Running Bill Rodgers, Scott Douglas, 2003 Offers motivation to begin running plus warm up exercises and tips for building stamina avoiding injury and choosing the right shoes and clothing

The Mommy Guide Susan Bernard, 1994 Solutions to everyday problems on bringing up baby

Coaches Report, 1994

The Pregnant Couple's Guide to Working Out Together Isa Herrera, 2003-01-02 A new exercise program for both parents to be This is the first book to help pregnant couples maintain and improve their fitness by working out together Medical exercise specialist Isa Herrera offers safe effective exercises you and your partner can do together so that you start early on to become a team that will handle the demands of pregnancy and labor together both physically and mentally These easy to do exercises promote upper body lower body and abdominal strength They do not require special equipment can be mixed and matched into different routines and can be done anywhere Herrera not only provides specific guidelines for preventing injury and other mishaps but also offers trimester modifications that you can use as your pregnancy progresses Pregnant moms learn how to target the muscles most affected by pregnancy including the abdominals A partner stretching and

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can be adapted to individual needs along with dietary advice and recipes for a seven day meal plan **TV Guide** ,1995

7-day Plan to Change Your Life Eleanor Berman,1987 Video Rating Guide for Libraries ,1990 **Subject Guide to Books in Print** ,2001 **ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription**

American College of Sports Medicine,Jeffrey L. Roitman,2001 This complementary book to ACSM s Guidelines for Exercise Testing and Prescription elaborates on the Knowledge Skills and Abilities KSAs you need to study for any of the American College of Sports Medicine certification exams It also serves as a valuable professional resource behind the Guidelines New content includes updated research throughout and a reorganization of the KSAs to correspond with the sixth edition of ACSM s Guidelines Significantly revised chapters include Epidemiology of Physical Activity Physical Fitness and Selected Chronic Diseases Diet and Chronic Disease Medical and Invasive Interventions in the Management of Coronary Artery Disease Comprehensive Cardiovascular Risk Reduction in Patients with Coronary Artery Disease Smoking Cessation Policies and Procedures for Clinical Programs Both the clinical and health fitness tracks are covered in an attractive design that highlights the KSAs for each level of certification The book features both theoretical and practical physiological concepts and relates the examples to exercise testing training and programming thus providing a complete perspective on clinical exercise physiology and fitness A Brandon Hill recommended title **The Master Plan** Prevention Magazine (Emmaus, Pa.),1986

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