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Page 13 When you use the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will

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Fitness Equipment | Reebok Fitness

A manual treadmill (one without a motor) doesn't need much clearance space ahead of it. But if you're using an electrical treadmill,

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allow for around 50cm of space so the motor is properly ventilated. In terms of how much space you should have either side of the equipment, we recommend double the width of your treadmill.

Treadmill buying guide - Which?

Product code: 49940541 Reebok's Z-Power Treadmill is packed full of features to help you improve your fitness. The treadmill's unique airflow cushioning system helps prevent injury so you can you train for longer periods. Air motion technology cushioning

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Self-proclaimed 'fat git' Mark still doesn't know why he suddenly said yes when his mate asked him to go for a run. Three years later, Mark is completing ultramarathons. Follow him as he makes every running mistake possible and guides you from couch through ouch to success! Book jacket.

Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques.

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Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.

Will enhance the physical abilities required to perform Spec Ops mission-related physical tasks, promote long-term cardiovascular health and physical fitness, prevent injuries, accelerate return to duty, and maintain physical readiness under deployed or embarked environments. Includes an overview of physical fitness and addresses: SEAL mission-related physical activities, cardiorespiratory conditioning, running, swimming, strength training, flexibility, calisthenics, load-bearing, training for specific environments, training and sports related injuries, harmful

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substances that affect training, etc.
Illustrated.

Strength Training for Basketball will help you create a basketball-specific resistance training program to help athletes at each position--guard, forward, or center--develop strength and successfully transfer that strength to the basketball court.

The ?CrossFit Level 1 Training Guide? is the essential resource for anyone who's interested in improving health and fitness. Written primarily by CrossFit Inc. founder Greg Glassman beginning in 2002, this bible of functional training explains exactly how CrossFit movements and methodologies can help you or your clients dramatically improve health and become measurably fitter. Fitness professionals will find proven teaching progressions, detailed programming guidance and precise

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coaching strategies in addition to extensive discussion about the responsible and successful application of the CrossFit methodology with clients of any level. Athletes of all abilities will learn how to move properly and safely, how to start training, how to create and modify workouts and movements appropriately, and how to eat to achieve fitness and aesthetic goals. Movements covered in detail with full-color photos and learning progressions: Squat, front squat, overhead squat, press, push press, jerk, deadlift, sumo deadlift high pull, medicine-ball clean, snatch, GHD sit-up, hip and back extension, pull-up, thruster, muscle-up, snatch. Supported by decades of research, this manual contains a detailed lifestyle plan that has been used by both coaches and individuals to: Gain muscle and improve bone density. Lose fat. Improve body composition. Improve and optimize nutrition. Lower blood pressure. Reduce

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symptoms of chronic disease. Improve strength and conditioning. Improve overall athletic performance and general physical preparedness. Improve sport-specific performance. Improve performance in CrossFit: The Sport of Fitness. Avoid injury. Improve each of CrossFit's 10 General Physical Skills:

cardiovascular/respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy.

This guide is designed for use in conjunction with the two-day CrossFit Level 1 Trainer Course that is a prerequisite to opening a CrossFit affiliate, but this guide can also be used as a standalone resource by coaches and fitness enthusiasts alike. The "CrossFit Level 1 Training Guide" is the key to a lifetime of health and fitness.

An analysis of the invasion of our personal lives by logo-promoting, powerful

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corporations combines muckraking journalism with contemporary memoir to discuss current consumer culture

Mutual-fund superstar Peter Lynch and author John Rothchild explain the basic principles of the stock market and business in an investing guide that will enlighten and entertain anyone who is high-school age or older. Many investors, including some with substantial portfolios, have only the sketchiest idea of how the stock market works. The reason, say Lynch and Rothchild, is that the basics of investing—the fundamentals of our economic system and what they have to do with the stock market—aren't taught in school. At a time when individuals have to make important decisions about saving for college and 401(k) retirement funds, this failure to provide a basic education in investing can have tragic consequences. For

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those who know what to look for, investment opportunities are everywhere. The average high-school student is familiar with Nike, Reebok, McDonald ' s, the Gap, and the Body Shop. Nearly every teenager in America drinks Coke or Pepsi, but only a very few own shares in either company or even understand how to buy them. Every student studies American history, but few realize that our country was settled by European colonists financed by public companies in England and Holland—and the basic principles behind public companies haven ' t changed in more than three hundred years. In *Learn to Earn*, Lynch and Rothchild explain in a style accessible to anyone who is high-school age or older how to read a stock table in the daily newspaper, how to understand a company annual report, and why everyone should pay attention to the stock market. They explain not only how to invest, but

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also how to think like an investor.

Demonstrates how social business transforms lives, offers practical guidance for those who want to create social businesses, explains how policies must be adapted to make room for the social-business model and shows how social business can redeem the failed promise of free-market enterprise. By a Nobel Peace Prize winner. Reprint.

Managing Sport Organizations, second edition, is a newly updated and comprehensive introduction to the themes and elements surrounding sport management. The book teaches management theory and principles in a coherent manner, helping to reinforce these concepts for students in schools of business, and serving to introduce them to students in other school settings (kinesiology, exercise science, sport science). The features of this

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book include: Important industry segment information is introduced chapter by chapter, allowing students to wed theory and application throughout Effectively weaves sport industry issues with fundamental management theories and practices Provides informative introductions to all fundamental aspects of sport management- Leadership, Information Technology, Media, Facility management, HR and much more With an online Instructor's Manual and a Test Bank available as well, this book is an essential tool for students and teachers of sport management.

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