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The Complete Guide to Functional Training Allan Collins, 2015-12-24 As well as being the concept in fitness and strength and conditioning functional training is also probably the most poorly understood concept in fitness Functional training is any exercise that improves your ability to perform tasks required in your day to day life job or chosen sport so that each movement included as part of your workout mimics a range of motion or engages muscles that are necessary to impact on performance whether it be on the rugby pitch or simply the ability to lift small children out of car seats Includes over 100 functional exercises and detailed pictures and descriptions of all the techniques show you clearly how to apply them into your training programme

The Complete Guide to Kettlebell Training Allan Collins, 2015-12-08 The perfect introduction to kettlebell training a hugely popular piece of equipment with tried and tested results A kettlebell is a weight that looks like a cannonball with a handle Originating from Russia kettlebell training is now a global phenomenon with clubs gyms and individuals investing in equipment and training Weights range from 4kg to 48kg They differ from dumbbells and barbells in that the centre of mass is offset from the handle so the weight constantly pulls against your hand improving coordination and anaerobic fitness and strengthening your core muscles Kettlebells can be used for a variety of purposes from weight loss to strength training by people with a range of fitness levels Popular with celebrities such as Penelope Cruz and Sylvester Stallone they are also used for training players at Chelsea and Liverpool football clubs and in 2010 the British Army got on board when their PTI corp responsible for the Army s physical training signed up to a 30 day course designed and implemented by the author The book includes information on the benefits of kettlebell training and how to use the equipment safely and provides warm ups drills and training programmes for beginner intermediate and advanced levels From buying a kettlebell to training for weight loss it s a comprehensive guide to a popular new fitness tool

La Préparation physique moderne Aurélien Broussal-Derval, Olivier Bolliet, 2022-01-13 LA PR PARATION PHYSIQUE VOLUE ELLE SE DIVERSIFIE SE MODERNISE SE COMPLEXIFIE CHACUNE DE SES COMPOSANTES SE FAIT L APANAGE DE SP CIALISTES DE L ENTRAINEMENT DE LA R CUP RATION MAIS AUSSI DE LA R ATHL TISATION C est fort de ce constat qu Aur lien Broussal Derval et Olivier Bolliet ont d cid d allier leur savoir faire celui d autres experts cr ant un ouvrage qui permette chacun de s exprimer dans son domaine de pr dilection LA PR PARATION PHYSIQUE MODERNE Au fil des pages le lecteur red couvrira ou approfondira les diff rents th mes incontournables de la pr paration physique clair et guid par des sp cialistes Innovant de par sa forme l ouvrage l est plus encore en son fond les auteurs ayant r alis un exercice que peu avaient r ussi jusqu alors faire le lien entre des connaissances scientifiques r centes et des pratiques de terrain concr tes Entre les trait s purement th oriques qui constituent le socle indispensable l analyse de l entra neur et les manuels pratiques nourrissant concr tement le quotidien du pr parateur physique LA PR PARATION PHYSIQUE MODERNE trouvera sans aucun doute sa place dans la biblioth que de tout passionn de m thodologie d entra nement Le succ s de LA PR PARATION PHYSIQUE MODERNE a permis

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The In-Season Training Manual Jason Shea, 2012-08-26

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Table of Contents Poliquin Picp Manual

1. Understanding the eBook Poliquin Picp Manual
 - The Rise of Digital Reading Poliquin Picp Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Poliquin Picp Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Poliquin Picp Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Poliquin Picp Manual
 - Personalized Recommendations
 - Poliquin Picp Manual User Reviews and Ratings
 - Poliquin Picp Manual and Bestseller Lists
5. Accessing Poliquin Picp Manual Free and Paid eBooks
 - Poliquin Picp Manual Public Domain eBooks
 - Poliquin Picp Manual eBook Subscription Services
 - Poliquin Picp Manual Budget-Friendly Options
6. Navigating Poliquin Picp Manual eBook Formats

- ePub, PDF, MOBI, and More
- Poliquin Picp Manual Compatibility with Devices
- Poliquin Picp Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Poliquin Picp Manual
 - Highlighting and Note-Taking Poliquin Picp Manual
 - Interactive Elements Poliquin Picp Manual
- 8. Staying Engaged with Poliquin Picp Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Poliquin Picp Manual
- 9. Balancing eBooks and Physical Books Poliquin Picp Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Poliquin Picp Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Poliquin Picp Manual
 - Setting Reading Goals Poliquin Picp Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Poliquin Picp Manual
 - Fact-Checking eBook Content of Poliquin Picp Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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