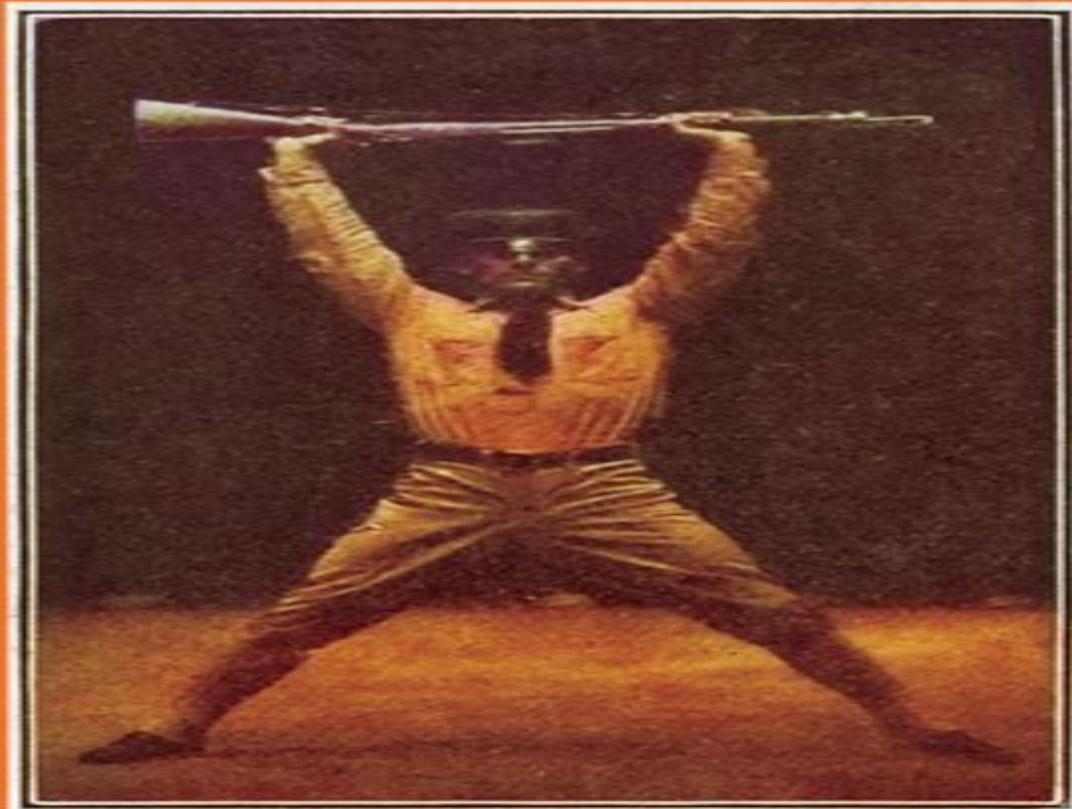


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Fitness Training Manual Illustrated Guide

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Anatomy for Strength and Fitness Training Mark Vella,2006-08-22 Contains full color drawings demonstrating how the various muscle groups are used during the most popular exercises with tips for good form expert commentary on each exercise and specific exercise programs for muscle tone and flexibility

The BioMechanics Method for Corrective Exercise Justin Price,2025-06-02 This book is written for fitness professionals for the purpose of teaching you how to address common musculoskeletal imbalances through the use of corrective exercise The book explains concepts in an easy to follow manner using jargon free language The content is delivered as a step by step process containing real world examples and case studies so that the reader can understand and easily implement these strategies when working with actual clients

The attack drill made easy William Gordon (Sergeant-Major.),1893

Illustrated Catalogue and Classified Book List of the Northwestern Library Association ... Northwestern Library Association,1899

Manual, New Bayonet and Firing Exercises for the Martini-Henry Rifle and Carbine ,1889

The Journal of Health and Physical Education ,1943

Journal of Health, Physical Education, Recreation ,1963

Catechism on the Manual of instruction in army signalling, by L. Edye and E. Rhodes Lourenço Edye,1889

Changes in the New Infantry Drill (1892 Edition) with Explanatory Notes William Gordon,1892

The Kindergarten Guide Maria Kraus-Boelté,Maria Kraus-Boelte,1877

Company Drill Made Easy William Gordon (serjeant-major.),1893

The Illustrated Practical Encyclopedia of Fitness Training Andy Wadsworth,2014

The Dog Fancier ,1923

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