

Instruction Manual And Exercise Guide

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Begin all exercises slowly and use smooth, controlled movements and tension when pulling and releasing the resistance tube. Test out each exercise slowly before performing a series to ensure the tension is correct and handles are securely attached. Begin your workout slowly to build strength and stamina, especially if you are new to exercise.

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ACE Group Fitness Instructor Manual was designed to prepare fitness professionals to work in group and class settings and is the main study for the ACE Group Fitness Instructor. Developed and written by 17 of the industry's top experts, the ACE Group Fitness Instructor Manual is an excellent resource, addressing the core competencies you need regardless of the types of classes you teach. It provides overviews of nine of the most popular modalities, including aquatic exercise, fitness yoga, and Pilates mat training. Topics range from exercise physiology, anatomy, kinesiology, and health screening to adherence, injury prevention, and legal and professional responsibilities. Special attention has been given to fitness for special populations, including pregnant women and those with significant weight challenges. Companion DVD included.

The founder of a Pilates exercise studio in Australia illustrates the basics of the program, revealing how it builds strength, muscle tone, stamina, and flexibility, while also illuminating the forces that challenge the body's biomechanical structure. Original.

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With over 250 step-by-step pictures on over forty beginning moves, this manual is designed for students and teachers of beginning fabric or silks. This manual focuses on footlocks (covering basic, single, and

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double), but also includes an introduction to the hiplock and various climbs. Focusing on injury prevention, there are tips on how to spot and how to avoid common mistakes.

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The flagship title of the certification suite from the American College of Sports Medicine, ACSM's *Guidelines for Exercise Testing and Prescription* is a handbook that delivers scientifically based standards on exercise testing and prescription to the certification candidate, the professional, and the student. The 9th edition focuses on evidence-based recommendations that reflect the latest research and clinical information. This manual is an essential resource for any health/fitness and clinical exercise professional, physician, nurse, physician assistant, physical and occupational therapist, dietician, and health care administrator. This manual gives succinct summaries of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients.

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