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The Complete Guide to Sports Training John Shepherd,2013-05-31 The Complete Guide to Sports Training is the definitive practical resource for anyone wishing to improve their performance and for coaches looking to get the best out of their athletes The book demystifies sports science and provides athletes and coaches with the basic building blocks they need to maximise performance Starting with the basics and progressing to the specific elements all athletes need speed endurance and power this invaluable handbook explains the theory in simple easy to understand terms before discussing the most effective training methods and techniques as well as giving guidance on developing a training plan sports psychology and training younger and older athletes This is the first time such a wealth of sports science knowledge has been available in one book and written in such an accessible style and should become the sports training handbook for athletes coaches and sports science students

Guided Muscles for Winning Sports Jack Nirenstein,2000-01-01 This book is so unique in the sports fitness and health fields that it creates alternatives to them It establishes efficiencies for movement that are exact science so they can't be altered and give equal results Other authors giving instruction in this area rely on their academic and or high performance status for credibility In spite of their credentials they have missed the essential physical laws to overcome inertia and how to use gravity and momentum for speed As a result they lead people to contract all their muscles at once by having them attempt to use the wrong ones Their student's natural feel guides them to dominate with correct muscles in spite of what they were taught Being confused they still use the wrong ones too Jack Nirenstein relies mainly on examples of his discoveries that are immediately convincing yet never known before They have surprised everyone hearing them

Scott Tinley's Winning Guide to Sports Endurance Scott Tinley,Ken McAlpine,1994 Three time world series champion triathlete Scott Tinley shows endurance athletes how to train smarter get stronger compete harder In this guide to sports endurance three time World Series champion triathlete Scott Tinley shows endurance athletes how to train smarter get stronger and compete harder

The Complete Idiot's Guide to Sports History & Trivia Mike McGovern,2001-09-01 For the sports fan this guide offers fascinating facts and tidbits on baseball football basketball hockey the Olympic Games tennis figure skating soccer and more It contains special sections on women's sports young people's sports and the Special Olympics and includes listings of winners of the World Series the Super Bowl the Stanley Cup and other major competitions

A Complete Guide to Personal Training Justin Bailly,2014-07-23 This book has been written to give new instructors and people thinking about becoming personal trainers an insight into what is involved in this constantly evolving and popular profession giving you a clearer understanding and covering a wide selection of topics Everything you need to know about personal training is covered in this book covering subjects from how to get qualified and getting started to running your business

Be Fit For Life: A Guide To Successful Aging - A Wellness, Weight Management, And Fitness Program You Can Live With Steven R Gambert,2010-01-21 Be Fit for Life A Guide to Successful Aging is a self help book for anyone

interested in living a happier and healthier life Aging is a life long process and the sooner one accepts this and better prepares for the years ahead the more successful his her aging process will be Dr Gambert a noted authority in the field of aging and medicine takes the reader on a journey that provides information and practical advice on how to best prevent an accelerated aging process avoid disease and recognize and treat problems early This book also offers practical information to help the reader choose the right diet exercise plan and lifestyle that will help promote a more successful aging process

The Complete Idiot's Guide to Massage Joan Budilovsky,Eve Adamson,1998 Outlines the history and benefits of massage and tells how to use massage to reduce stress improve circulation and soothe aching muscles Coaches Guide to Sport Physiology Brian J. Sharkey,1986 Physical Educators' Guide to Successful Grant Writing Louis Bowers,2005 *The Official National Collegiate Athletic Association Soccer Guide* National Collegiate Athletic Association,1912 **The Athlete's Guide to Sports Medicine** Ellington Darden,1981 Runner's World ,2001 *Spalding's Official Base Ball Guide for ...* ,1919 **The Sports Medicine Guide for the Everyday Athlete** Thomas W. Harris,1990 Coach's Practical Guide to Athletic Motivation Thomas A. Tutko,Jack W. Richards,1972 *The Complete Cycle Sport Guide* Peter Konopka,1982 **The Cumulative Book Index** ,1901 A world list of books in the English language A Cumulated Index to the Books of ... ,1901 *The United States Catalog* ,1901 **Standard Guide to American Muscle Cars** John Gunnell,2002 This full color reference to more than four decades of American made muscle cars covers Ford Pontiac Chevrolet AMC Oldsmobile Dodge Plymouth and more Every car is featured in full color Listings include original specs options production figures and a pricing guide with six condition grades

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