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attainable discomfort that comes with lying on the ground, since this resistance band exercise uses a band instead of gravity to produce resistance.

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It comprises a Vreeland band-selector system which feeds into a three-stage untuned R.F. amplifier using A.C. screen-grid tubes and iron-core untuned radio-frequency transformers. A screen-grid detector is used with one stage of resistance-coupled audio amplification and one of push-pull using type '10 power tubes.

Offers guided programs for using resistance bands in low-intensity training sessions to increase muscle strength, improve balance, reduce lower back pain, and rehabilitate injuries.

GET FIT SAFELY USING THE VERSATILE RESISTANCE BAND First used in physical therapy to introduce low-intensity strength training for rehabilitating patients, today bands come

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in all levels of resistance and are perfect for targeting and working every major muscle group. Using this simple device, you can: □ Increase Strength □ Improve Balance □ Reduce Lower Back Pain □ Rehabilitate Injuries Resistance Band Workbook offers more than 70 safe, effective exercises paired with clear captions and step- by-step photos that can be done practically anywhere, anytime. In addition, special programs will enhance your daily life, whether you're looking to revamp your physique, elevate your sports performance or simply improve functional fitness.

Gives instructions for stretching with a resistance band during exercising to keep your body healthy.

Discover the fitness tool that is the resistance band. Widely used by top sports people, the resistance band is a device for all of us to use in improving fitness, flexibility, and balance.

Improve Your Strength and Body Composition with 3 Types of Resistance Bands! This is your one-stop-shop for anyone who wants to improve their strength and body composition without having to purchase a gym membership. Fitness coach and author Karina Inkster will teach you about the overall benefits of strength training, and resistance bands in particular. You'll learn how to choose resistance bands, how to use them at home with a door anchor, and how to use them safely. An overview of the 3 types of resistance bands will help readers put together their own "mini gym" that can fit into a small bag. A collection of 50 resistance band exercises that work all the major muscle groups will inspire readers to create—and maintain—a regular strength



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training practice, whether they're working out at home, outdoors, or while travelling. Once readers are familiar with the various exercise possibilities, they'll learn how to put together their own strength programs.

**AMPLIFY YOUR STRETCHES AND EXERCISES USING THE FOAM ROLLER** Once used exclusively in physical therapy settings, the foam roller has made its way into yoga and pilates studios, gyms and homes. With this simple device, you can: □Improve core strength □Increase flexibility □Release tension □Alleviate pain □Rehabilitate injuries Foam Roller Workout offers 50 effective exercises paired with clear captions and step-by-step photos that will help you roll your way to better posture, balance and relaxation. In addition, special programs will enhance your sporting life, whether you hit the track, the court, or the slopes.

Teaches beginning to advanced exercises that apply Pilates methods to workouts with props including a pinkie ball, an elastic exercise band, and a foam roller.

The top resource for strength band training is now expanded, updated, and better than ever! Strength Band Training shows you how to maximize strength, speed, and flexibility in the gym, at home, or on the road. With more than 160 exercises and predesigned workouts for fitness and sport-specific training, you will discover why strength bands are the ultimate tool for targeting, isolating, rehabilitating, and developing every major muscle group. The third edition includes a strength assessment index to measure progress, new chapters addressing training for older adults and rehabilitation, training tips connecting research to specific exercises, and

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injury prevention guidelines throughout. The book is organized to group exercises by upper and lower body strengthening, joint and muscle isolation, core stability, flexibility, and total body fitness. The full-color photos throughout the book showcase both flat bands and tubing. The elastic resistance exercises allow you to add resistance in multiple directions—something free weights and machines cannot do—for resistance routines that can simulate sport-specific demands, strengthen your core, or help you prevent or recover from common injuries. The book has a total of 27 different programs designed for optimal fitness, team sport training, individual sport training, or rehabilitation. Portable and easy to adjust, strength bands provide resistance for any level of strength, fitness, or ability. If you're an athlete, fitness enthusiast, older adult, or someone recovering from injury, you will find the exercises and programs you need to improve strength, shape your physique, and regain movement. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. Strength Band Training, Third Edition Online CE Exam, may be purchased separately or as part of the Strength Band Training, Third Edition With CE Exam, package that includes both the book and the exam.

**SUPERCHARGE YOUR CORE WORKOUT** Follow the program in this book and achieve the ripped, rock-hard abs you've always wanted. The highly effective exercises in Ab Wheel Workouts unleash the full potential of this simple, compact piece of equipment for intense muscle building and fast fat burning. With this book and an ab wheel, you'll rapidly develop a strong, lean physique, including: **▫ Sculpted Abs ▫ Improved Posture ▫ Toned Upper Body ▫ Greater Athleticism** Packed with hundreds of step-by-step photos, clearly explained exercises

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and six progressive training programs, Ab Wheel Workouts will have you rolling your way to a six-pack in no time.

This book is a general guide that tells you what you need to know about your knees, how to protect them, and how to relieve them when you experience some knee pain as a result of an injury or from everyday wear and tear. The knees are the biggest joints in the body and should be taken care of properly. Without the knees, we would not be able to walk, run, jump and do other activities that require us to move our legs. If you pick up this book, not only will you be able to learn the different tips on how to protect your knees but also the natural remedies that you can do to treat knee pain. Well, that's different for everyone. It may be gardening, cycling, tennis, playing with the kids or grandkids. It might be your job, your sport, taking out the trash, or raking leaves. The point is that pain can throw a real monkey wrench into the things that you want or need to do. So, whatever your 'It' is I want to show you how to manage your pain and Get Back to 'It'. The goal of this book is to teach you some of the causes of pain in the more common problem areas in the body and to show you how to manage your pain without drugs, injections, or unnecessary surgery and let you continue to be involved in those activities, giving you control over your pain and activity level.

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