

STRENGTH & *CONDITIONING*



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HUMAN KINETICS

The Premier Publisher for Sports & Fitness



New!

Sculpt the physique you want

The second edition of *Men's Body Sculpting* offers three comprehensive programs for improvements in bodybuilding and advice on selecting the best plan for optimal results. Each program is expanded to include new progressions and tips for blasting through plateaus, allowing you the flexibility you need in order to reach your goals. Paired with each program is updated information on nutrition, offering advice on supplements and tips on decreasing body fat. Also included are new chapters on injury prevention, training techniques for increasing intensity, and muscular development.

256 pages • ISBN 978-0-7360-8321-8 • \$19.95 U.S. • \$21.95 CDN • £12.99 UK • €15.60 EURO

e-Book: ISBN 978-0-7360-9678-2 • \$17.95 U.S. • \$18.95 CDN • £13.99 UK • €16.80 EURO



Choosing the right workout program

We have different body types, just as we have different personalities. Your body is as individual as your fingerprints. The way you look is determined much more by your genes—the information contained in your body's cells—than by the jeans you're wearing. The key to creating your own workout program lies in understanding body types and building a regimen that accommodates your unique form rather than trying to change it. Continue excerpt at HumanKinetics.com.



New!

Construct the perfect core

In *Abs Revealed*, award-winning personal trainer Jonathan Ross provides a complete program for strengthening, sculpting, and maintaining your midsection. More than a collection of exercises, *Abs Revealed* shows you how to fire your ab muscles regardless of your current fitness level, identify your goals, and develop a personalized workout program to fit your schedule with progressions built in for quick and clear results. It also includes more than 60 core exercises, ready-to-use workout plans, and advice on integrating abdominal development into cardio and strength routines.

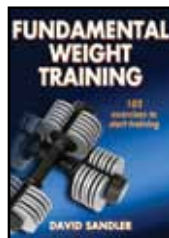
176 pages • ISBN 978-0-7360-8650-9 • \$19.95 U.S. • \$21.95 CDN • £12.99 UK • €15.60 EURO

e-Book: ISBN 978-0-7360-9681-2 • \$17.95 U.S. • \$18.95 CDN • £11.99 UK • €14.40 EURO



Exercise abs anytime, anywhere

This iPhone, iPod touch, or iPad compatible app is the quick and easy way to construct the perfect core. With 30 video clips and over 125 photos, you'll get the exercises needed for rock-hard abs when you purchase *Abs Revealed: The Exercise i-Library* from Apple's App Store.

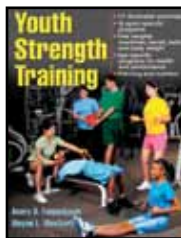


Achieve your training goals

Fundamental Weight Training takes the uncertainty out of starting a basic program and offers essential workout plans as well as the strength training lingo to get you comfortable before you head to the gym. With over 100 exercises, you can learn the fundamental lifts that will strengthen and tone your body.

2010 • 224 pages • ISBN 978-0-7360-8280-8 • \$16.95 U.S. • \$17.95 CDN
£10.99 UK • €13.20 EURO

e-Book: ISBN 978-0-7360-8966-1 • \$14.95 U.S. • \$15.95 CDN
£9.98 UK • €12.00 EURO



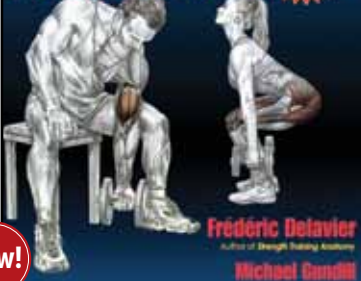
Age-specific strength programs

Youth Strength Training will guide you in designing efficient, enjoyable, productive, and practical programs for kids ages 7 to 18 and of varying abilities. You will focus first on broad-based, balanced muscle development and then move into comprehensive, sport-specific, and age-specific strength-training programs.

2009 • 248 pages • ISBN 978-0-7360-6792-8 • \$22.95 U.S. • \$24.95 CDN
£14.99 UK • €18.00 EURO

e-Book: ISBN 978-0-7360-8761-2 • \$19.95 U.S. • \$21.95 CDN
£14.99 UK • €18.00 EURO

The Strength Training Anatomy Workout



New!

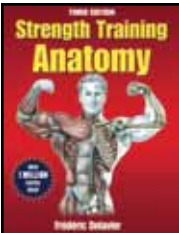
Look
inside

The most effective strength training guide

The Strength Training Anatomy Workout is your guide to creating the body and the results you want. Strengthen arms and legs; increase muscle mass; sculpt chest, back, and core; firm glutes; increase hip flexibility . . . it's all here, and all in the stunning detail that only Frédéric Delavier can provide!

Over 150 full-color illustrations allow you to get inside more than 200 exercises and 50 workouts to see how muscles interact with surrounding joints and skeletal structures. You'll also discover how variations, progressions, and sequencing can affect muscle recruitment, the underlying structures, and ultimately the results.

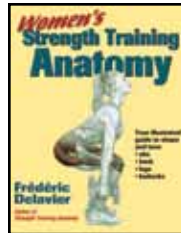
256 pages • ISBN 978-1-4504-0095-4 • \$21.95 U.S. • \$23.95 CDN • £15.99 UK • €19.20 EURO



The #1 strength training resource

Strength Training Anatomy is like having an X-ray for each exercise, the anatomical depictions show both superficial and deep layers and detail how various setup positions affect muscle recruitment and emphasize underlying structures.

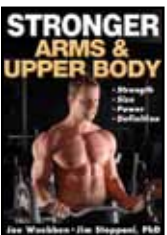
2010 • 192 pages • ISBN 978-0-7360-9226-5 • \$19.95 U.S. • \$21.95 CDN
£13.99 UK • €16.80 EURO



Inside view of toning female muscles

Women's Strength Training Anatomy describes with detailed full-color anatomical illustrations exactly how women can modify movements to fit their anatomy and maximize the effectiveness and efficiency of each exercise.

2003 • 136 pages • ISBN 978-0-7360-4813-2 • \$21.95 U.S. • \$23.95 CDN
£14.99 UK • €18.00 EURO

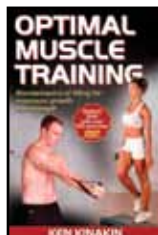


Hard-core instruction

Targeting the development of shoulders, arms, upper back, chest, and abdominals, *Stronger Arms & Upper Body* features over 100 exercises for serious lifters, including specific instructions for mastering technique and advanced exercise variations.

2009 • 264 pages • ISBN 978-0-7360-7401-8 • \$18.95 U.S. • \$19.95 CDN
£12.99 UK • €15.60 EURO

e-Book: ISBN 978-0-7360-8257-0 • \$16.95 U.S. • \$17.95 CDN
£12.98 UK • €15.60 EURO



Learn superior technique

Optimal Muscle Training shows how your body develops imbalances, how testing can pinpoint problems, and how specific training to correct imbalances will optimize muscle function. The DVD contains over 100 practical exercises and three levels of muscle testing.

2009 • 136 pages with 90-minute DVD • ISBN 978-0-7360-8172-6
\$19.95 U.S. • \$21.95 CDN • £12.99 UK • €15.60 EURO





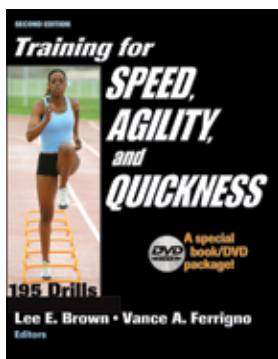
Maximize strength, speed, and power

Providing both fitness and performance benefits, *Strength Band Training* offers an array of strength training and stretching exercises through targeted fitness, sport, and travel programs. These exercises can be used at home or on the road, and they can be combined with free weights and machines in the gym. With more than 160 exercises and predefined fitness and sport-specific workouts, the book shows you why strength bands are the ultimate tool for targeting, isolating, and developing every major muscle group.

224 pages • ISBN 978-0-7360-9037-7 • \$18.95 U.S. • \$19.95 CDN • £12.99 UK • €15.60 EURO

e-Book: ISBN 978-0-7360-9962-2 • \$16.95 U.S. • \$17.95 CDN • £12.98 UK • €15.60 EURO

Watch the author interview with Phil Page as he talks about his favorite strength band exercises and the benefits of doing these types of exercises. Visit HumanKinetics.com.



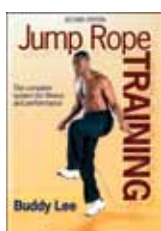
Gain a step on the competition

Training for Speed, Agility, and Quickness is the workout guide and DVD package you need in order to perform at an optimal level. The book contains 195 drills, many of which are fully illustrated and address topics of great importance across all sports: balance, reaction time, and body mechanics. The most complex drills and useful tests are featured on the bonus DVD.

PLEASE NOTE: This is not an official book from SAQ™ INTERNATIONAL. For details of books including 'SAQ™ Soccer', and SAQ™ Rugby' and official SAQ™ Resources visit saqinternational.com.

2005 • 264 pages with 43-minute DVD • ISBN 978-0-7360-5873-5 • \$21.95 U.S. • \$23.95 CDN

£17.99 UK • €21.60 EURO

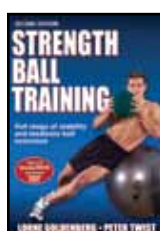


Develop speed, agility, and strength

In *Jump Rope Training* former U.S. wrestling champion Buddy Lee presents workouts for a variety of sport skill and fitness components such as endurance, strength and power, speed, agility, and balance. This second edition also includes the latest on rehabilitation of sport injuries and optimizing body composition for athletic performance.

2010 • 224 pages • ISBN 978-0-7360-8159-7 • \$18.95 U.S. • \$19.95 CDN
£12.99 UK • €15.60 EURO

e-Book: ISBN 978-0-7360-8978-4 • \$16.95 U.S. • \$17.95 CDN
£11.99 UK • €14.40 EURO



Enhance fitness and performance

Develop strength, power, coordination, balance, and core stability using the medicine ball and stability ball exercises included in *Strength Ball Training*. It includes a sample 16-week program

with an array of strength and balance challenges. The companion DVD shows you how to perform the most complex and advanced exercises.

2007 • 304 pages with 90-minute DVD • ISBN 978-0-7360-6697-6

\$21.95 U.S. • \$23.95 CDN • £16.99 UK • €20.40 EURO

iPad: ISBN 978-1-4504-1631-3 • \$17.99 U.S.

\$17.99 CDN • £10.99 UK • €14.49 EURO





New!

Train for maximum performance

Heart Rate Training will teach you how, when, and why monitors can, and should, be incorporated into your training program. It will show you how to determine deficiencies in training and performance, create targeted programs to increase endurance, raise lactate threshold, increase speed and power, and monitor your recovery between workouts. The sample programs allow you to manipulate the training components to design a long-term training plan across eight endurance sports: walking, running, cycling, swimming, triathlon, rowing, cross-country skiing, and team sports.

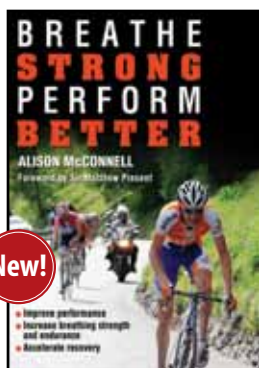
224 pages • ISBN 978-0-7360-8655-4 • \$18.95 U.S. • \$19.95 CDN • £12.99 UK • €15.60 EURO

e-Book: ISBN 978-0-7360-9968-4 • \$16.95 U.S. • \$17.95 CDN • £11.99 UK • €14.40 EURO



Monitor heart rate to avoid overtraining and staleness

Overtraining and staleness can be avoided by monitoring heart rate. Bear in mind that overtraining is a complex area. However, you can use heart rate data to indicate too much training in the early stages, what we refer to as acute overtraining, or overreaching. Overreaching applies to short-term overtraining, as might happen after a particularly hard training session. This usually occurs in the few days following a longer, more strenuous workout. Continue excerpt at HumanKinetics.com.



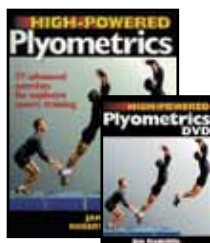
New!

Control, improve, and optimize breathing

In *Breathe Strong, Perform Better*, the world's leading authority on breathing muscle training, Alison McConnell, will show you how to apply the latest scientific research and case studies to maximize training, conditioning, and performance. It contains detailed instruction, practical advice, and easy-to-use sample programs. In addition, you'll find more than 30 sample workouts for specific sports and fitness activities, such as baseball, cycling, football, running, soccer, swimming, tennis, and weight training. With professional insights, exercise tips, and advice for integrating breathing training into existing training programs, this guide has it all. If you are ready to improve fitness, increase performance, or simply maximize your enjoyment of exercise, *Breathe Strong, Perform Better* is the guide you can't be without.

288 pages • ISBN 978-0-7360-9169-5 • \$19.95 U.S. • \$21.95 CDN • £12.99 UK • €15.60 EURO

e-Book: ISBN 978-1-4504-1125-7 • \$17.95 U.S. • \$18.95 CDN • £11.99 UK • €14.40 EURO



Plyo programs for 21 sports

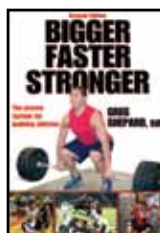
High-Powered Plyometrics is the most advanced, comprehensive guide to explosive power training for athletes, coaches, and conditioning experts.



Special Package Price when you buy the Book and the DVD!

2005 • 184 pages with 32-minute DVD • ISBN 978-0-7360-6413-2
\$39.95 U.S. • \$42.95 CDN • £31.99 UK • €38.40 EURO

Book & DVD also sold separately. Call or check online for details.



Develop powerhouse players

Bigger Faster Stronger presents the most popular strength training system for today's high school and college athletes. Establish the solid foundation you need to compete successfully and advance your athletic career. In-season or off-season, the customizable programs can accommodate any sport, and every level of competition.

2009 • 240 pages • ISBN 978-0-7360-7963-1 • \$21.95 U.S. • \$23.95 CDN
£14.99 UK • €18.00 EURO

e-Book: ISBN 978-0-7360-8207-5 • \$19.95 U.S. • \$21.95 CDN
£13.99 UK • €16.80 EURO



Use training to gain a competitive edge

The *Sports Performance DVD Series* begins with a series of assessments, which identify the athlete's strengths and weaknesses and establish a baseline for customizing training programs. From there, numerous exercise options and sample workouts are provided, all of which may be tailored to address the demands of any sport.

Power for Sports Performance

2006 • 37-minute DVD • ISBN 978-0-7360-6528-3

Speed for Sports Performance

2007 • 56-minute DVD • ISBN 978-0-7360-6525-2

Flexibility for Sports Performance

2007 • 57-minute DVD • ISBN 978-0-7360-6422-4

Strength for Sports Performance

2007 • 25-minute DVD • ISBN 978-0-7360-6421-7

Each DVD

\$24.95 U.S. • \$26.95 CDN • £19.99 UK • €24.00 EURO



Special Package Price when you buy all four DVDs!

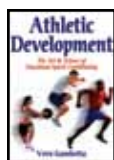
2007 • ISBN 978-0-7360-6755-3 • \$94.95 U.S. • \$102.95 CDN • £76.99 UK • €92.40 EURO



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- Watch author interviews
- Read excerpts and articles
- View DVD clips
- Register for free webinars

HumanKinetics.com/StrengthandConditioning

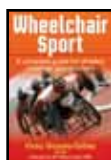


Athletic Development details methods for enhancing athlete's work capacity and movement skills. Sample training applications are provided

to demonstrate how the concepts are best implemented.

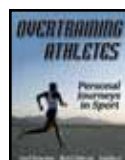
2007 • 312 pages • ISBN 978-0-7360-5100-2
\$24.95 U.S. • \$26.95 CDN • £16.99 UK
€20.40 EURO

e-Book: ISBN 978-0-7360-8499-4 • \$17.95 U.S.
\$18.95 CDN • £13.99 UK • €16.80 EURO



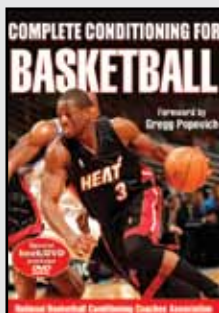
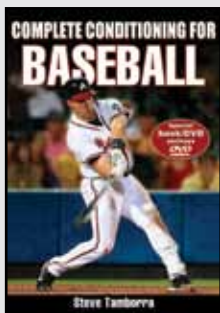
Wheelchair Sport will help coaches and athletes understand the many benefits of wheelchair sports and maximize training for their chosen sport.

2010 • 224 pages • ISBN 978-0-7360-8676-9
\$29.00 U.S. • \$30.95 CDN • £22.99 UK • €27.60 EURO
e-Book: ISBN 978-0-7360-8687-5 • \$27.00 U.S.
\$28.95 CDN • £19.99 UK • €24.00 EURO



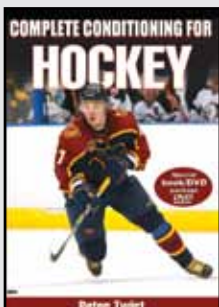
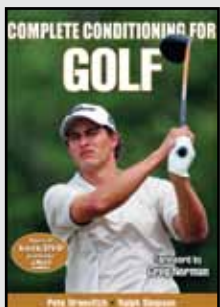
Overtraining Athletes explains the subject of overtraining to help athletes and coaches understand the dangers of overtraining and the steps toward prevention.

2008 • 224 pages • ISBN 978-0-7360-6787-4
\$42.00 U.S. • \$44.95 CDN • £27.95 UK
€33.50 EURO
e-Book: ISBN 978-0-7360-8673-8 • \$22.00 U.S.
\$23.95 CDN • £19.95 UK • €23.90 EURO



Stay in game shape year-round

No matter what the sport, today's athletes need to have more strength and endurance than ever to be competitive. The *Complete Conditioning for Sports Series* offers the programs, insights, and expert advice to take you to the top of your game. These books, and book/DVD packages, are written by the conditioning leaders in each sport, including the United States Tennis Association, members of the University of Nebraska football program, and individual trainers who have worked with some of the world's best-conditioned athletes.



Complete Conditioning for Baseball

2008 • 272 pages with 45-minute DVD • ISBN 978-0-7360-6243-5
\$24.95 U.S. • \$26.95 CDN • £19.99 UK • €24.00 EURO

Complete Conditioning for Basketball

2007 • 216 pages with 60-minute DVD • ISBN 978-0-7360-5784-4
\$24.95 U.S. • \$26.95 CDN • £19.99 UK • €24.00 EURO

Complete Conditioning for Football

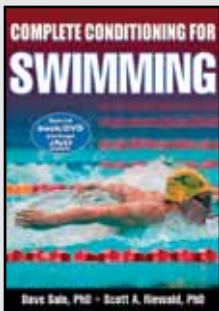
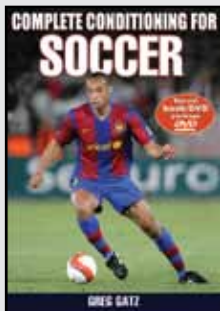
1998 • 296 pages • ISBN 978-0-88011-521-6 • \$19.95 U.S. • \$21.95 CDN
£12.99 UK • €15.60 EURO

Complete Conditioning for Golf

2007 • 208 pages with 90-minute DVD • ISBN 978-0-7360-6779-9
\$24.95 U.S. • \$26.95 CDN • £19.99 UK • €24.00 EURO

Complete Conditioning for Hockey

2007 • 232 pages with 78-minute DVD • ISBN 978-0-7360-6034-9
\$24.95 U.S. • \$26.95 CDN • £19.99 UK • €24.00 EURO



Complete Conditioning for Martial Arts

2001 • 184 pages • ISBN 978-0-7360-0250-9 • \$19.95 U.S. • \$21.95 CDN
£12.99 UK • €15.60 EURO

Complete Conditioning for Rugby

2004 • 264 pages • ISBN 978-0-7360-5210-8 • \$22.95 U.S. • \$24.95 CDN
£14.99 UK • €18.00 EURO

Complete Conditioning for Soccer

2009 • 208 pages with 64-minute DVD • ISBN 978-0-7360-7713-2
\$23.95 U.S. • \$25.95 CDN • £18.99 UK • €22.80 EURO

Complete Conditioning for Swimming

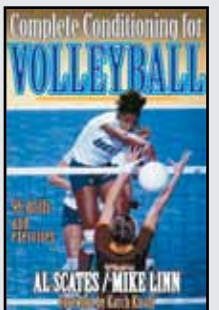
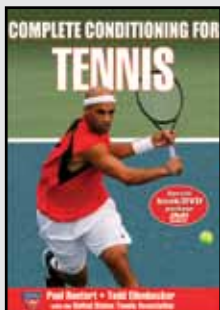
2008 • 256 pages with 80-minute DVD • ISBN 978-0-7360-7242-7
\$24.95 U.S. • \$26.95 CDN • £19.99 UK • €24.00 EURO

Complete Conditioning for Tennis

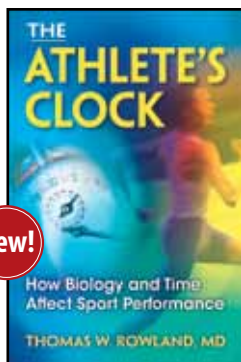
2007 • 224 pages with 90-minute DVD • ISBN 978-0-7360-6938-0
\$24.95 U.S. • \$26.95 CDN • £19.99 UK • €24.00 EURO

Complete Conditioning for Volleyball

2003 • 216 pages • ISBN 978-0-7360-0136-6 • \$24.95 U.S. • \$26.95 CDN
£16.99 UK • €20.40 EURO



View DVD clips and excerpts from the *Complete Conditioning for Sports Series* on our website.



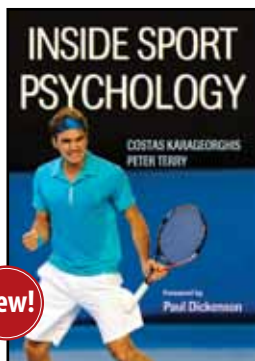
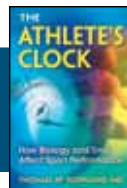
Use time to your advantage

The Athlete's Clock offers an engaging, interdisciplinary consideration of some of the most compelling questions in sport and exercise science. This book takes a broad look at the physiological clock, offering coaches and athletes a unique approach to understanding how various aspects of time affect sport performance. You will find information on the mechanisms by which time influences physiological function—such as running speeds and muscle activation—and how those mechanisms can be used in extending the limits of motor activity.

232 pages • ISBN 978-0-7360-8274-7 • \$19.95 U.S. • \$21.95 CDN • £14.99 UK • €18.00 EURO

e-Book: ISBN 978-0-7360-8765-0 • \$17.95 U.S. • \$18.95 CDN • £13.50 UK • €16.20 EURO

Visit HumanKinetics.com to watch author Thomas Rowland discuss the importance of time, the central governor theory, and how you should not fight biologic controls.



Apply sport psychology to maximize performance

With *Inside Sport Psychology*, you'll discover the relationship between mind, body, and performance. Learn about the techniques that have proven successful for today's top athletes and teams and how you can adapt and apply them in both training and competition. This book explains psychological principles associated with over 20 sports, including soccer, rugby, tennis, golf, shooting, and track and field. You'll also find tips for managing mood fluctuations, developing confidence, and maintaining consistent performance at every level of competition.

248 pages • ISBN 978-0-7360-3329-9 • \$23.95 U.S. • \$25.95 CDN • £17.99 UK • €21.60 EURO

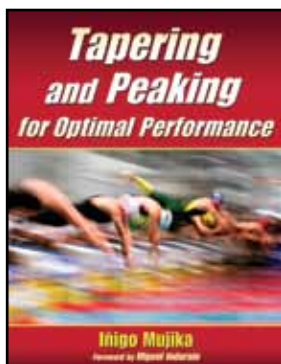
e-Book: ISBN 978-0-7360-9946-2 • \$21.95 U.S. • \$23.95 CDN • £15.99 UK • €19.20 EURO



Excerpt

Balance intrinsic and extrinsic motivation for success

There are two main sources of motivation. Generally speaking, motivation can come from the outside, such as the motivation to win medals, receive financial rewards, and attract attention from the media. This is known as external, or extrinsic, motivation because it involves participation in sport for some kind of reward that is external to the process of participation. On the other hand, athletes who participate because they enjoy the process. . . Continue excerpt at HumanKinetics.com.

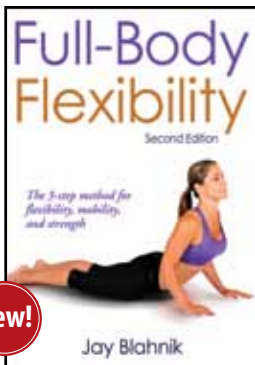


Peak when it counts

Tapering and Peaking for Optimal Performance bridges the gap from science to competition and presents the tested strategies of 16 Olympic and world champion athletes and coaches. It includes psychological training tips, training modifications, and suggestions for designing tapering programs. The book also offers tactics for individual endurance sports, power and sprint events, and precision sports, allowing for sport-specific approaches for swimmers, triathletes, cyclists, gymnasts, archers, golfers, and many others. Team sport strategies also address the challenges and nuances of tapering and peaking as a team for both regular-season and tournament play.

2009 • 224 pages • ISBN 978-0-7360-7484-1 • \$27.95 U.S. • \$29.95 CDN • £19.99 UK • €24.00 EURO

e-Book: ISBN 978-0-7360-8545-8 • \$15.00 U.S. • \$15.95 CDN • £13.99 UK • €16.80 EURO



New!

Develop flexibility, balance, and strength

Only the *Full-Body Flexibility* system blends the best stretching methods from yoga, Pilates, martial arts, and sports training into stretching sequences for your every need. In this book, you'll find 175 stretches and 23 routines that will help you strengthen muscles to support your body and maximize your entire range of motion; enhance flexibility by challenging your muscles with multiple techniques; and balance muscles in opposing muscle groups. Use the book's step-by-step instruction and detailed full-color photo sequences to take your athletic performance to new heights.

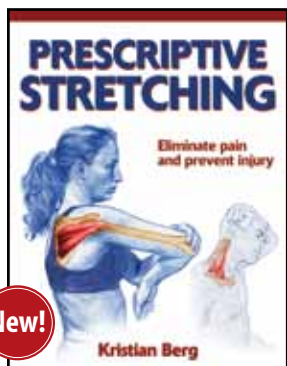
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Wrist stretch

We use our forearms, wrists, and fingers to perform many repetitive tasks, such as typing on a keyboard, gripping a steering wheel, or texting on a cell phone. The following stretches will help increase mobility in the wrists and help reverse the mechanical stress associated with hand overuse injuries. Continue excerpt at HumanKinetics.com.



New!

Feel better from head to toe

Prescriptive Stretching features full-color anatomical illustrations and step-by-step instructions for 40 of the most effective stretches to eliminate pain, alleviate muscle soreness, improve balance and flexibility, and prevent common injuries. In addition, you'll find sample stretching programs that you can follow as is or personalize to meet your body's needs. *Prescriptive Stretching* shows you how to quickly assess your pain and identify the stretches to reduce discomfort. Specifically, you'll find recommendations for these common ailments:

- Headache
- Back pain
- Neck stiffness
- Shoulder soreness
- Golfer's elbow
- Tennis elbow
- Runner's knee

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New!

Improve performance and reduce injury

In this special book and DVD package, you will learn how to

- perform several different massage techniques;
- administer the most effective routines for pre- and postcompetition;
- stretch, warm up, and activate primary muscles;
- treat critical muscle groups for elevated performance;
- speed recovery; and
- minimize injury, pain, and fatigue.

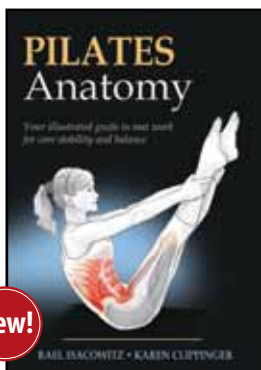
Throughout you'll also find advice, tips, and variations for specific sports.

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With more than 1.5 million copies sold, the *Anatomy Series* brings anatomy to life with hundreds of detailed



Inside information on strengthening and toning

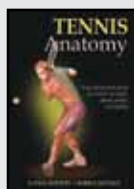
With detailed descriptions, step-by-step instruction, and stunning full-color anatomical illustrations, *Pilates Anatomy* takes you inside the exercises and programs that will tone the body, stabilize the core, improve balance, and increase flexibility. Using the original mat work of Joseph Pilates, you'll see how key muscles are used, how variations and minor adjustments can influence effectiveness, and how breathing, alignment, posture, and movement are all fundamentally linked. Choosing from over 45 exercises, you can target a particular body region and delve deeper to stretch, strengthen, and finely coordinate specific muscles.

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New!

Visit **HumanKinetics.com** to watch authors Rael Isacowitz and Karen Clippinger discuss the fundamental principles of Pilates and what you can expect from their book.



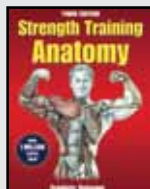
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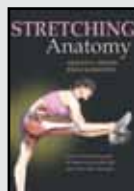
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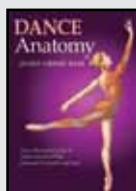


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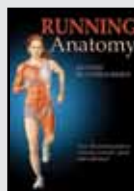


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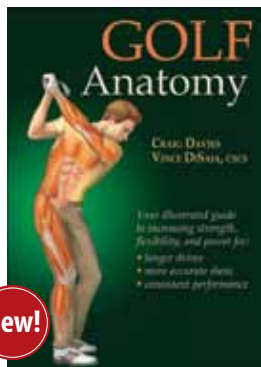
New!

**FREE
Webinars**

HK's monthly webinars are led by experts in fitness and conditioning, strength training, and nutrition and focus on a variety of sport topics and current issues. Visit **HumanKinetics.com/webinars** for more information and to view recorded webinars, including *Running Anatomy* author Joe Puleo's "Losing the battle of Wounded Knee? Are your feet and/or your pelvis the enemy?"

muscles in action

full-color illustrations that showcase the muscles used in each stretch, exercise, activity, movement, or lift.



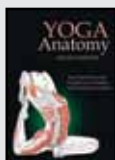
Look inside your swing for better shot making

Golf Anatomy will show you how to lower your score by increasing strength, power, and range of motion for longer drives and more accurate shots. This book includes 72 of the most effective exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action. You'll see how to improve mobility, stability, body awareness, and muscle strength to add distance to drives, consistency to your short game, and accuracy to your putts. Plus, you'll learn how to stay at the top of your game with targeted injury-prevention exercises for the lower back, elbows, wrists, shoulders, and hips.

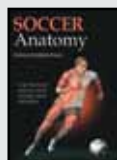
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Get advice from the experts! Watch the author interview with Craig Davies and Vince DiSaia and find out how training in proper progression can help prevent potential injury. Visit HumanKinetics.com.

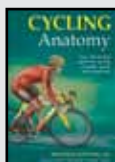


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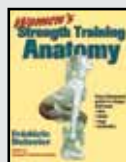


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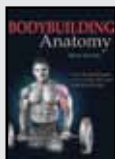
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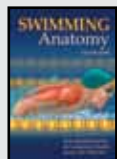
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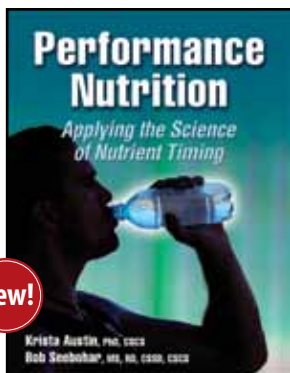
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Visit HumanKinetics.com and listen to *Swimming Anatomy* author Ian McLeod share his secrets for swimming success, including preventing injuries and correcting common errors.





Develop a nutrient timing plan for training, recovery, and performance

Optimize training, enhance recovery, and improve performance with *Performance Nutrition: Applying the Science of Nutrient Timing*. Based on the most current research in nutrient timing, *Performance Nutrition* blends theory with applied content and real-life examples to help nutritionists, coaches, and athletes design nutrition plans based on each athlete's individual needs and the specific demands of the sport. Specific nutrient timing recommendations are then provided for a wide range of sport types, including endurance, strength and power, combative (weight classified), and team sports.

200 pages • ISBN 978-0-7360-7945-7 • \$24.95 U.S. • \$26.95 CDN • £17.99 UK • €21.60 EURO

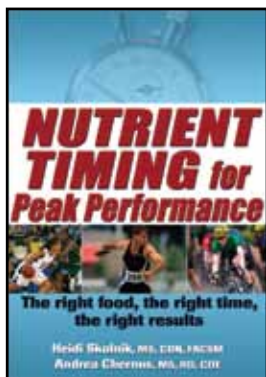
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New!



Posttraining nutrient strategies

Recovery is one of the most important factors in the process of adapting to training. The intake of fuel within 45 minutes of training can help optimize the recovery of energy stores, which is important for repairing muscle and maintaining a healthy immune system in athletes. In addition, consuming frequent small meals that contain the appropriate distribution of carbohydrate, protein, and fat also optimizes delivery of energy to the body... Continue excerpt at HumanKinetics.com.



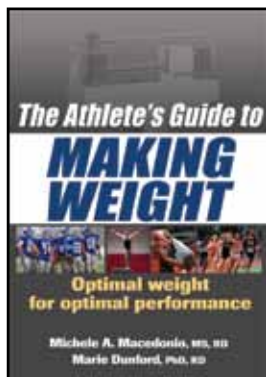
How and when to eat for your best performance

Nutrient Timing for Peak Performance is your guide to consuming the right foods at the right time for optimal results in training or competition. Renowned sport nutritionists Heidi Skolnik and Andrea Chernus have worked alongside today's top athletes, including professional football players and elite marathoners. In *Nutrient Timing for Peak Performance*, they've combined the latest dietetic research with practical advice you can use to create a personalized action plan.

2010 • 248 pages • ISBN 978-0-7360-8764-3 • \$18.95 U.S. • \$18.95 CDN • £12.99 UK • €15.60 EURO

e-Book: ISBN 978-0-7360-9153-4 • \$15.95 U.S. • \$16.95 CDN • £11.99 • €14.40 EURO

Learn how nutrition can improve your performance. View a webinar recording by Heidi Skolnik at HumanKinetics.com/webinars.



Your weigh to peak performance

In *The Athlete's Guide to Making Weight*, renowned sport dietitians Michele Macedonio and Marie Dunford have analyzed today's top athletes, competitive trends, and positional demands across 21 sports to help you determine—and achieve—your optimal competitive weight. Assess your body composition, nutritional requirements, and current training program. Then follow the customizable meal plans for a personalized approach to maximizing performance.

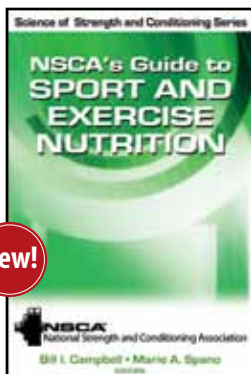
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Manipulate sodium for safest rapid weight loss

Athletes who need to have their weight certified often ask whether they can safely manipulate food and water intake in the 24 hours before weigh-in. The diet-related strategies commonly used are restricting sodium, food, or fluid intake one or two days before weigh-in or a bodybuilding contest. Continue excerpt at HumanKinetics.com.



The definitive nutrition text for fitness professionals

NSCA's Guide to Sport and Exercise Nutrition provides valuable information and guidelines that address the nutrition needs for the broad range of clientele serviced by strength and conditioning professionals, personal trainers, and sport dietitians. Whether you work with fitness enthusiasts or competitive athletes, this resource will lead you through the key concepts of sport and exercise nutrition so that you can assess an individual's nutrition status and—if it falls within your scope of practice—develop customized nutrition plans.

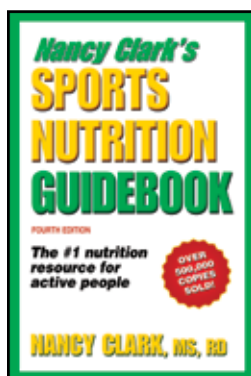
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FREE chapter at HumanKinetics.com

Check out the free eBook chapter “Energy Expenditure and Body Composition,” which focuses on two basic nutritional strategies that can affect body composition: hypercaloric diets to gain weight and hypocaloric diets with the goal of decreasing body weight, particularly body fat.



The #1 sports nutrition book

Nancy Clark's Sports Nutrition Guidebook will help you make the right food choices in grocery stores, restaurants, drive-throughs, and your own kitchen. Whether you're preparing for competition or simply eating on the go, let sport's leading nutritionist show you how to get maximum benefit from the foods you choose and the meals you make. You'll learn how to eat before exercise and events as well as how to refuel afterward for optimal recovery.

2008 • 472 pages • ISBN 978-0-7360-7415-5 • \$19.95 U.S. • \$21.95 CDN • £14.99 UK • €18.00 EURO

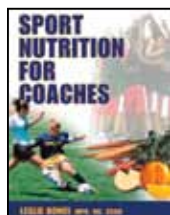
e-Book: ISBN 978-0-7360-8086-6 • \$17.95 U.S. • \$18.95 CDN • £13.99 UK • €16.80 EURO

Check out Nancy Clark's blog at HumanKinetics.com and get first-hand advice from a leading sports nutritionist.



Connect with HK for healthy meals and expert advice

Create nutritious meals with *Nancy Clark's Recipes for Athletes*, available from Apple's App Store. This iPhone, iPod touch, or iPad compatible app features 71 recipes, searchable across calories, carbohydrate, fat, protein, special diets, and nutrient timing.



Understand athletes' nutrition

In its practical and easy-to-understand format, *Sport Nutrition for Coaches* supplies coaches, personal trainers, and fitness specialists with a wide range of information, including balancing nutrients, monitoring supplement use,

and dealing with disordered eating.

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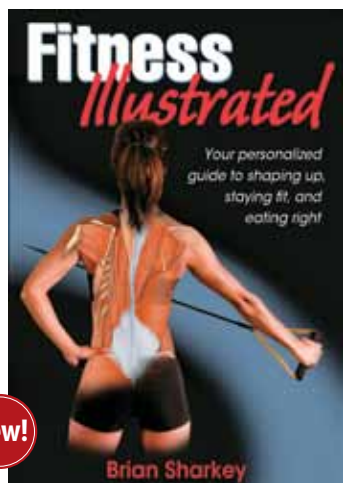


Maximize strength training

No other nutrition program will enable you to gain muscle and power—while trimming body fat—more effectively than *Power Eating*, the leading plan for power athletes, strength trainers, and bodybuilders. This book combines the most up-to-date scientific and practical advice to address the unique nutritional requirements of the power athlete.

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New!

Fitness defined

Fitness Illustrated allows you to see exercise and activity from a whole new perspective. You'll go beyond the basics to see how your body changes with increased activity. From how muscles gain size and strength to the effect of aerobic activity on heart and lung function, this is fitness as you have never seen it before.

Straightforward explanations, expert advice, and hundreds of full-color illustrations and photographs make *Fitness Illustrated* your guide to these matters:

- Improving aerobic fitness, strength, muscular endurance, and flexibility
- Shaping and toning your body, including your core
- Coping with various health issues such as arthritis and preventing heart disease
- Managing weight with nutrition and activity
- Preventing and treating injuries, muscle cramps, and joint pain

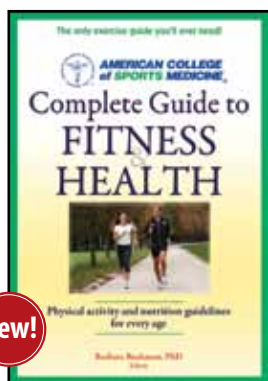
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How important is warming up before a workout? Can muscle really turn to fat? Find out these answers and more in a **FREE** chapter from *Fitness Illustrated* titled: "Fitness Facts and Fallacies". By accessing this **FREE** chapter you can save **40%** on the complete *Fitness Illustrated* eBook that includes 10 additional chapters of full-color content. See website for details.



New!

Get active and eat right

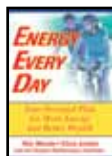
The American College of Sports Medicine has created the *ACSM's Complete Guide to Fitness & Health* to strip away common fads, myths, and misconceptions and provide you with the latest research, sound advice, and age-specific recommendations that you can trust.

You will learn these strategies:

- Optimize your weight, improve heart health, and increase aerobic fitness, strength, flexibility, and balance.
- Improve your health by managing diabetes, high blood pressure, high cholesterol, arthritis and joint pain, pregnancy, and osteoporosis through exercise and proper nutrition.
- Determine your body composition and current cardiorespiratory and muscular fitness levels.
- Monitor, evaluate, and adjust your exercise program over time for optimal results.
- Introduce exercise, increase physical activity, and improve your diet for more energy and better health.

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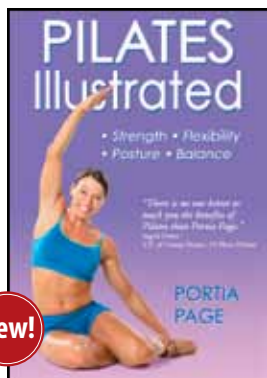


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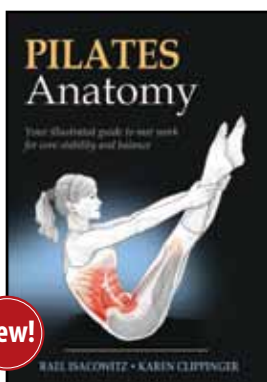


Lengthen and strengthen muscles

Pilates Illustrated is your guide to lengthening and strengthening muscles while improving posture, flexibility, and balance. Renowned instructor Portia Page shows you how to perform the essential movements, exercises, and mat work routines. You'll also learn to incorporate equipment, such as a stability ball, stretch band, and Pilates ring, to isolate muscles for targeted results. *Pilates Illustrated's* straightforward, highly visual approach and 13 predefined routines offer the quickest, and most effective way to experience the benefits of Pilates.

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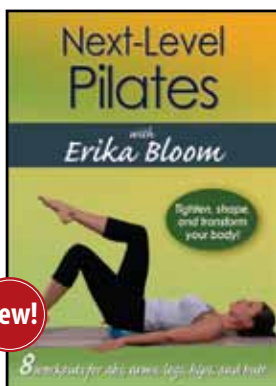
Find out how Pilates is different from other types of exercises, and how it can improve posture and flexibility by watching Portia Page's interview at **HumanKinetics.com**.



See inside your workout

With detailed descriptions, step-by-step instruction, and full-color anatomical illustrations, *Pilates Anatomy* takes you inside the exercises and programs that will tone the body, stabilize the core, improve balance, and increase flexibility. You'll see how key muscles are used, how variations and minor adjustments can influence effectiveness, and how breathing, alignment, posture, and movement are all fundamentally linked. Choosing from over 45 exercises, you can target a particular body region and delve deeper to stretch, strengthen, and finely coordinate specific muscles.

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e-Book: ISBN 978-0-7360-9227-2 • \$17.95 U.S. • \$18.95 CDN • £12.98 UK • €15.60 EURO



Tone muscles from head to toe

Next-Level Pilates with Erika Bloom is your personal program for strengthening and lengthening your muscles for a total-body transformation. Renowned instructor Erika Bloom will guide you through classic Pilates movements targeting the deeper intrinsic muscles for improved posture and tone. You'll go beyond traditional mat work to incorporate strength band and Pilates ball sequences designed to tone and strengthen your core, abs, back, legs, arms, and hips.

93-minute DVD • ISBN 978-0-7360-9598-3 • \$16.95 U.S. • \$17.95 CDN • £13.99 UK • €16.80 EURO



Visit **HumanKinetics.com** to learn more about this DVD, including how you can use the "programmable matrix" to create personalized workouts for longer, leaner and more defined muscles.





Reap both physical and mental benefits from qigong

Centered on the three essential components of qigong (body, mind, and breath), *Qigong Illustrated* offers step-by-step instructions to traditional routines for strengthening the body, improving posture, optimizing health, and reducing stress. Providing an illustrated approach to qigong, this guide includes detailed full-color photos for practicing this popular ancient Chinese exercise. Whether you are completely new to qigong or have practiced for years, *Qigong Illustrated* will accompany you step by step on the path to better health and self-awareness.

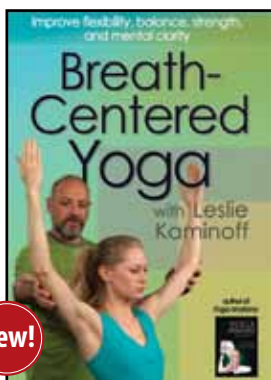
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Qigong for Health



Qigong is gaining popularity around the world for its ability to provide profound healing to people with a wide range of medical conditions. Well-respected medical doctors are prescribing qigong for people with hypertension (high blood pressure), arthritis, attention deficit/hyperactivity disorder (ADHD), and osteoporosis, as well as for those who are undergoing cancer therapies. . . . Qigong for health is easy to learn and doesn't require lifting heavy weights or twisting in odd positions, greatly reducing the risk of exercise-induced injuries. With the guidance of a qualified instructor. . . Continue excerpt at HumanKinetics.com.



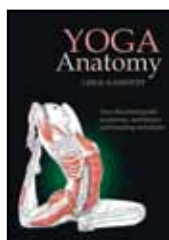
Get the ultimate total-body workout

Join Leslie Kaminoff, world-renowned instructor and author of the best-selling *Yoga Anatomy*, as he guides you through the postures, movements, and breathing techniques designed to improve balance, flexibility, strength, and mental clarity. *Breath-Centered Yoga with Leslie Kaminoff* includes four complete programs with detailed instruction, breathing and movement cues, and expert advice to provide a deeper understanding of every pose. You will learn how to modify movements and tailor workouts to your needs and/or those of your clients.

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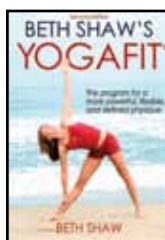
See inside every yoga pose

With clear, expert instruction and full-color, detailed anatomical drawings, *Yoga Anatomy* provides a deeper understanding of the structures and principles underlying each movement and of yoga itself. From breathing to standing poses, see how each muscle is used, how slight alterations of

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Build strength and flexibility

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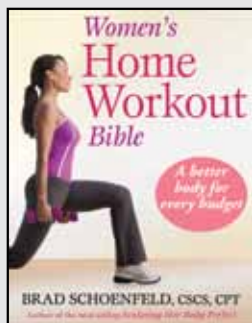
health, but also a stronger and leaner body, reduced stress and tension, and a higher level of fitness.

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Brad Schoenfeld, author of *Women's Home Workout Bible*, *28-Day Body Shapeover*, and *Sculpting Her Body Perfect* is widely regarded as one of America's leading fitness experts.

Get advice from an expert! Listen to the author interview with Brad Schoenfeld as he covers fitness routines for every training style, budget, and home space. Visit HumanKinetics.com.



A better body for every budget

Women's Home Workout Bible makes sense of home-based workouts. This full-color book features 12 four-week programs for conditioning, sculpting, and core stability, plus three levels of fat-burning cardio workouts. It also has tips for products and space guidelines for making the most of any home gym so you or your clients can shed unwanted weight, sculpt your physique, tone muscles, reduce joint pain, or simply be healthier and more fit.

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The ABC's of stretching

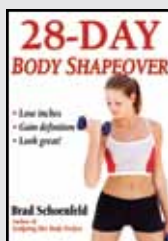
The goal of any flexibility program should be to achieve an optimal balance between mobility and stability within a functional range of motion. Just as a lack of flexibility can be detrimental, so can being hypermobile. As a general rule, a joint that is too flexible will be unstable; the associated muscles can't maintain joint integrity, increasing susceptibility to injury. As with most things in life, more is not necessarily better. Often, it's worse. . . . Continue excerpt at HumanKinetics.com.



Improve muscle tone

Sculpting Her Body Perfect book and DVD, is tailored specifically to the unique training needs and goals of women. Learn the secrets of how pacing, transition, varying technique, and effective execution can take workouts to another level.

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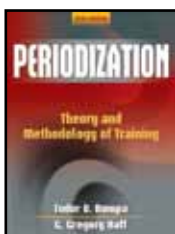
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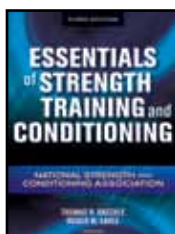
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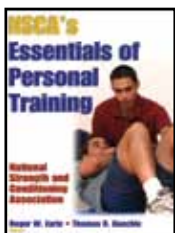


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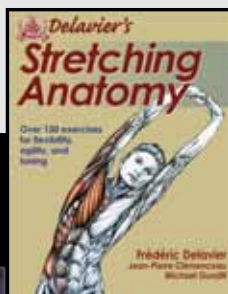
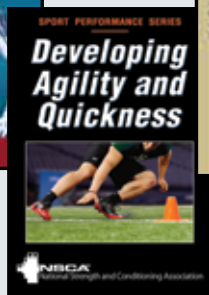
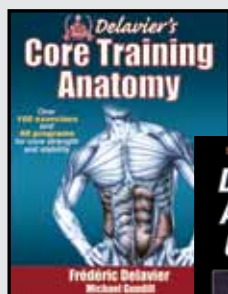


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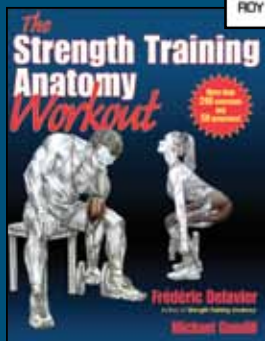
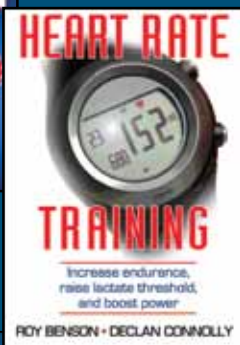
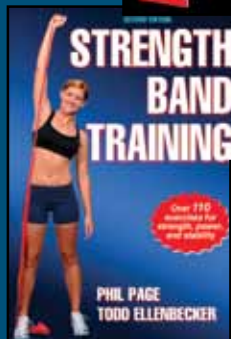
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