

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-EGQNZZ-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-FAB88E-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-G6HIE3-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-H2A67X-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-H6UTGN-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-HQRIY4-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-ICJDMB-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-II7NN9-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.



## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-IQWMN6-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-LF2BW9-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-LIU9TR-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-MX7WGJ-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-NFKSEC-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-PCQQ27-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-PUQCYN-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-QMFV9C-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.



## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-QZSD42-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-RBV7M6-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-RDFNAJ-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-RY7BBP-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-S9ULJI-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-SACICR-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-SCKILC-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-SQJVCK-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.



## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-SZN6RW-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.

## **Fitness & Health 7th Edition [eBook, PDF Version] Keycode**

The following keycode can be used to unlock access for: *Fitness & Health 7th Edition [eBook, PDF Version]*.

To use a keycode, follow these steps.

1. In your web browser, navigate to: </keycodes/keycode-activation>
2. Sign in or Create an Account on [www.humankinetics.com](http://www.humankinetics.com).
3. Enter your keycode in the keycode text box. You will only need to enter the keycode once.  
SHARKEY-TDFWJX-EBOOK
4. Click the Submit button.
5. Navigate to [www.humankinetics.com/eproducts/eBooks](http://www.humankinetics.com/eproducts/eBooks) to download your new eBook.