

HUMAN KINETICS

Fitness & Strength 2016



HUMAN KINETICS

The Premier Publisher for Sports & Fitness

Greetings from Human Kinetics!

Of all our catalogs and brochures, the one you hold may well be my favorite. That's because I can think of no better representation of Human Kinetics' mission than the products on the pages that follow. Those products vary in topic, audience, format, and purpose. They are developed in different divisions with staff, authors, and contributors from around the globe. Compiled in this catalog, they're a commitment to the pursuit, profession, and overall advancement of physical activity and health. Thank you for sharing our commitment with your ongoing support.

You'll be pleased with the expansive offerings and high-quality resources coming your way in 2016. From new editions of seminal texts *Essentials of Strength Training and Conditioning* and *Exercise Technique Manual for Resistance Training* to training guides *The HIIT Advantage: High-Intensity Workouts for Women*, *Functional Training*, and *Building Muscle & Performance*, you'll find authoritative and practical information—content you can trust, personally and professionally.

The offerings include our comprehensive line of continuing education products. We continue to expand our lineup with courses that apply the authoritative content from the industry's most respected resources to professional practice. You'll find these courses noted throughout this catalog, and even more are available on our continuing education website (www.humankinetics.com/continuing-education).

Finally, as in years past, we've worked hard to make our content available to you when, where, and how you want it. We now offer e-books through 23 partners, including Amazon, Apple, Google, Barnes & Noble, and Kobo. Including mobile applications and video on demand, no matter your device or preferred format for instruction, HK has an edition for you.

Again, thank you for your support. Know that we will remain committed to providing the content, products, and service you've come to expect from HK.

Sincere regards,



Jason Muzinic
Vice President and Director
Consumer Division
Human Kinetics

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Component guide

Look for these quick references to identify various components related to products throughout the catalog:



Authors and editors of these products have conducted a webinar hosted by Human Kinetics. Find the archived recordings at www.HumanKinetics.com/Webinars.



Review the list of available ancillaries and the specific web address to find them. Ancillary materials are free to course adopters.



Identify the products that are, or include, DVDs or DVD-ROMs.



Stream program via Video on Demand.

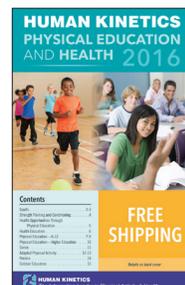
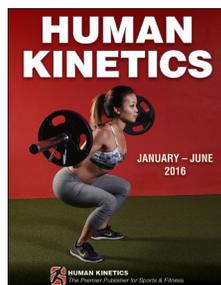


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To view a catalog online, or to request a different catalog from the selection below, visit www.HumanKinetics.com/Catalogs.





Achieve maximal results in minimal time

This is the resource for the most research-based, organized, and systematic information available on high-intensity interval training (HIIT). Irene Lewis-McCormick keys in on exercises, combinations, and progressions that will burn fat, shape and strengthen the upper and lower body, and assist with core strength for

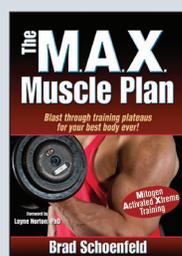
excellent posture and enhanced exercise performance—all written with a woman's ultimate physique in mind. You'll choose from 19 complete workouts consisting of a combination of 20-, 30-, and 45-minute sessions.

The HIIT Advantage: High-Intensity Workouts for Women
Irene Lewis-McCormick, MS

©2015 • Paperback, e-book • 200 pp • ISBN 978-1-4925-0306-4
\$21.95 (\$29.95 CDN, £16.99 UK, €25.80 EURO)

 **High Intensity Training for Women CE Course**

 An enhanced e-book with integrated video is also available for your tablet or mobile device.



Take your body to the next level

Blast through training plateaus, add lean muscle, and achieve your best body ever. Mitogen Activated Xtreme training is scientifically proven to help you maximize muscle potential and transform your physique. No gimmicks, no expensive supplements, just results. This six-month program manipulates exercise variables to generate clear and steady muscle growth.

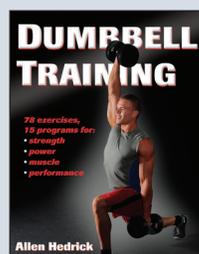
The M.A.X. Muscle Plan

Brad Schoenfeld, PhD, CSCS, CSPS, FNCSA

©2013 • Paperback, e-book • 240 pp • ISBN 978-1-4504-2387-8
\$19.95 (\$27.95 CDN, £15.99 UK, €24.30 EURO)

 **M.A.X. Muscle: The Scientific Approach to Maximizing Muscular Gains**

 An enhanced e-book with integrated video is also available for your tablet or mobile device.



Get maximum results with dumbbells

At the gym, home, or on the road, this targeted approach to improving strength, power, musculature, and performance features the most effective dumbbell exercises for increasing strength, power, and muscle mass. Targeting the core, upper body, lower body, and total body,

the 81 exercises are accompanied by step-by-step instructions, common errors and corrections, and safety considerations.

Dumbbell Training

Allen Hedrick, MA, CSCS,*D, FNCSA

©2014 • Paperback, e-book • 224 pp • ISBN 978-1-4504-4458-3
\$19.95 (\$27.95 CDN, £15.99 UK, €24.30 EURO)

 **Dumbbell Training CE Course**



Improve your muscle and your hustle

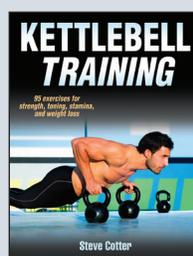
By combining the most effective approaches and exercises, expert trainer Nick Tumminello has developed an efficient high-octane system for building muscle and boosting performance. Step by step you'll learn the best exercises for increasing speed, explosiveness, athleticism, and endurance. Push yourself to the limits with strength and power lifts and progressions,

power training drills, and cardio conditioning workouts. The results are challenging yet exhilarating. You will discover performance and build a physique you never thought possible.

Building Muscle and Performance: A Program for Size, Strength and Speed
Nick Tumminello

©2016 • Paperback, e-book • Approx. 264 pp • ISBN 978-1-4925-1270-7
\$23.95 (\$32.95 CDN, £18.99 UK, €28.90 EURO)

Coming in March 2016



The ultimate training tool

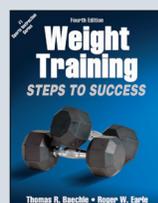
Join the millions who have enjoyed the benefits of the ultimate training tool for fat loss, strength, stamina, and coordination. This easy-to-use, no-nonsense guide helps you start setting goals, assessing fitness, and selecting exercises. Each of the book's 100+ exercises is accompanied by step-by-step instructions, detailed photo sequences, and training tips.

Kettlebell Training

Steve Cotter

©2014 • Paperback, e-book • 224 pp • ISBN 978-1-4504-3011-1
\$19.95 (\$27.95 CDN, £15.99 UK, €24.30 EURO)

 **Kettlebell Training CE Course**

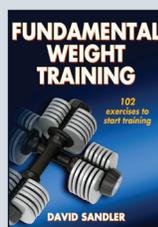


Weight Training: Steps to Success, Fourth Edition

Thomas R. Baechle, EdD, CSCS,*D, NSCA-CPT,*D, and Roger W. Earle, MA, CSCS,*D, NSCA-CPT,*D

©2012 • Paperback, e-book • 240 pp
ISBN 978-1-4504-1168-4
\$21.95 (\$29.95 CDN, £16.99 UK, €25.80 EURO)

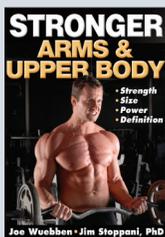
 **ANCILLARIES:** Instructor guide
www.HumanKinetics.com/WeightTrainingStepsToSuccess



Fundamental Weight Training

David Sandler

©2010 • Paperback, e-book • 224 pp
ISBN 978-0-7360-8280-8
\$16.95 (\$22.95 CDN, £13.99 UK, €21.30 EURO)



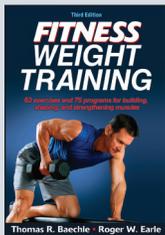
Strengthen your upper body

Take upper-body workouts to the next level. Joe Wuebben and Jim Stoppani team up to provide the most effective exercises and programs for increasing strength, definition, power, and size. Also targeting chest and abdominals, it features over 100 exercises for serious lifters.

Stronger Arms & Upper Body

Joe Wuebben and Jim Stoppani, PhD

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\$18.95 (\$25.95 CDN, £14.99 UK, €22.80 EURO)



Build strength with proven program

Expanded, enhanced, and improved, this new edition of the best-selling guide provides an overview of weight training. It has the information you need to get to work quickly, safely, and correctly, along with 75 programs for muscle toning, body shaping, and pure strength training.

Fitness Weight Training, Third Edition

Thomas R. Baechle, EdD, CSCS,*D, NSCA-CPT,*D, and Roger W. Earle, MA, CSCS,*D, NSCA-CPT,*D

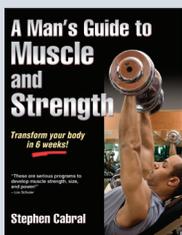
©2014 • Paperback, e-book • 272 pp • ISBN 978-1-4504-4513-9
\$19.95 (\$27.95 CDN, £15.99 UK, €24.30 EURO)



Includes CE exam! Weight Training Program Design Made Simple



An enhanced e-book with integrated video is also available for your tablet or mobile device.



Transform your body in 6 weeks

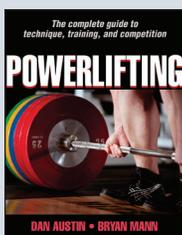
Take on a straightforward, no-nonsense program that results in a healthy, lean, and defined physique that gets you noticed. Nine step-by-step programs designed to increase strength, power, agility, muscle mass, and total-body conditioning will help you sculpt your physique.

A Man's Guide to Muscle and Strength

Stephen Cabral

©2012 • Paperback, e-book • 288 pp • ISBN 978-1-4504-0220-0
\$19.95 (\$27.95 CDN, £15.99 UK, €24.30 EURO)

A companion app for your Apple device is also available.



Championship advice for improving techniques

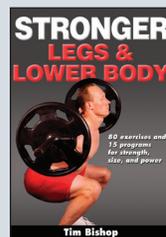
Develop the strength, power, intensity, concentration, and determination needed to meet powerlifting's physical and mental demands. Powerlifting champion Dan Austin and Bryan Mann

break down every aspect of the sport, including fueling, preparation, and execution of the three primary lifts.

Powerlifting

Dan Austin and Bryan Mann, PhD, CSCS

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\$23.95 (\$32.95 CDN, £18.99 UK, €28.90 EURO)



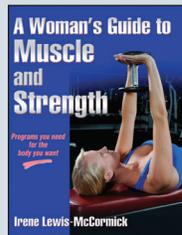
Make the most out of leg day

Make your lower-body workouts more effective than ever before with help from one of the world's leading strength and conditioning experts. Tim Bishop offers 80 of the most effective exercises along with programs for increasing lower-body strength, size, power, and definition.

Stronger Legs & Lower Body

Tim Bishop

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\$19.95 (\$27.95 CDN, £15.99 UK, €24.30 EURO)



Get a lean and well-toned physique

From free weights and TRX suspension training to foam rollers and exercise balls, Irene Lewis-McCormick makes it easy for women of all ages to transform their bodies. Her progressive training programs and workouts target the unique ways a woman's body works and reacts to exercises.

A Woman's Guide to Muscle and Strength

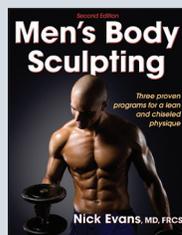
Irene Lewis-McCormick, MS

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\$19.95 (\$27.95 CDN, £15.99 UK, €24.30 EURO)



High-Intensity Training for Women CE Course

A companion app for your Apple device is also available.



Sculpt a lean and chiseled physique

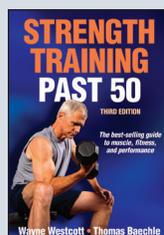
Build mass, reduce fat, and sculpt and maintain the chiseled muscular look you've always wanted. In this second edition, bodybuilding expert and magazine columnist Dr. Nick Evans provides three comprehensive programs and advice on selecting the best plan for optimal results.

Men's Body Sculpting, Second Edition

Nick Evans, MD, FRCS (Orth)

©2011 • Paperback, e-book • 256 pp • ISBN 978-0-7360-8321-8
\$19.95 (\$27.95 CDN, £15.99 UK, €24.30 EURO)

A companion app for your Apple device is also available.



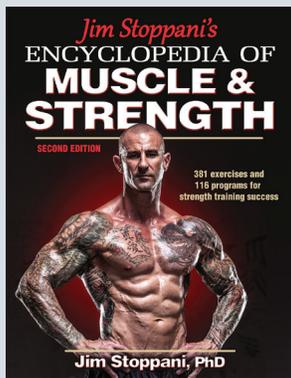
Keep active and healthy with these workouts

Increase your strength to improve health, appearance, and performance. Whether you are just getting started or have been training your entire life, you'll find 83 exercises for free weights, machines, bands, and balls; and 30 workouts for increasing size, endurance, and strength.

Strength Training Past 50, Third Edition

Wayne Westcott, PhD, CSCS, and Thomas Baechle, EdD, CSCS,*D, NSCA-CPT,*D

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\$19.95 (\$27.95 CDN, £15.99 UK, €24.30 EURO)



The ultimate guide to improved strength and a chiseled physique

Build your knowledge base and build a better body. This is the ultimate resource for pinpointing and achieving the results you're seeking. Jim Stoppani covers all facets of optimizing the development of muscle and strength, helping you conquer any problem or plateau you encounter. This

comprehensive, research-based training guide and reference provides 116 training programs and 382 exercises presented for 13 muscle groups and the whole body. Proper technique for each exercise is tailored to the type of resistance used, be it free weights, weight machines, or body weight.

Jim Stoppani's Encyclopedia of Muscle & Strength, Second Edition

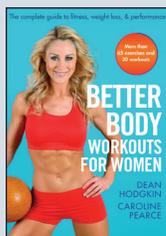
Jim Stoppani, PhD

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\$23.95 (\$32.95 CDN, £18.99 UK, €28.90 EURO)



Coming in March 2016

Muscle & Strength CE Course



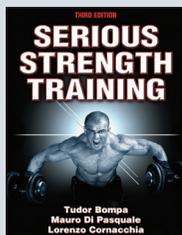
Serious advice for women serious about their bodies

Build strength, endurance, and agility with this personalized guide. Elite athletes Dean Hodgkin and Caroline Pearce pack the book with detailed descriptions of the most effective exercises and programs, as well as strategies for fat loss and accelerating and maintaining results.

Better Body Workouts for Women

Dean Hodgkin and Caroline Pearce

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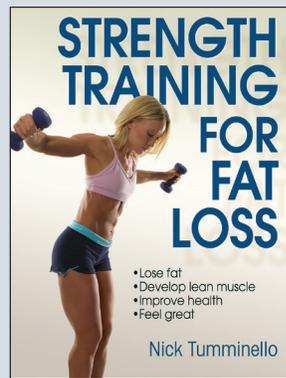
Reach optimal levels of strength, mass, and definition

Tudor Bompa uses scientific research to provide bodybuilders with a comprehensive guide to experiencing a complete transformation in physique and enormous strength gains.

Serious Strength Training, Third Edition

Tudor Bompa, PhD, Mauro Di Pasquale, MD, and Lorenzo Cornacchia

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\$19.95 (\$27.95 CDN, £15.99 UK, €24.30 EURO)



Build muscle and achieve fat loss

This safe program produces results, whether you're a beginner looking for a step-by-step guide to fat loss or a seasoned fitness professional looking for new exercises to spice up existing routines. Nick Tumminello, an innovator in the field of human performance, explains how to use the 3 Cs of metabolic strength training—circuits,

combinations, and complexes. No fads, gimmicks, or miracle claims, he provides more than 150 exercises using barbells, dumbbells, resistance bands, machines, and body weight.

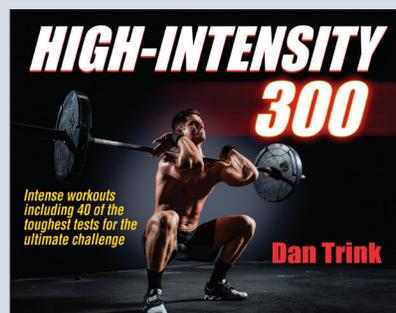
Strength Training for Fat Loss

Nick Tumminello

©2014 • Paperback, e-book • 280 pp • ISBN 978-1-4504-3207-8
\$21.95 (\$29.95 CDN, £16.99 UK, €25.80 EURO)



Strength Training for Fat Loss CE Course



Build muscle in just 30 minutes a day

Push yourself to the extremes of strength, fitness, and performance. If you're tired of the same old workouts and less-than-spectacular results, this your ultimate workout guide. Featuring

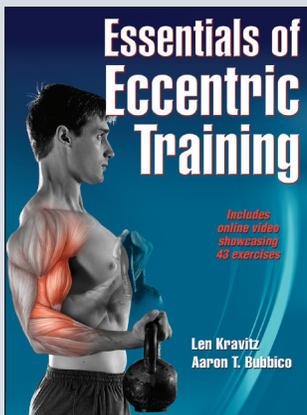
300 of the most effective and challenging workouts, it's packed with programs that push you to your limit and maximize results. Each workout includes detailed instruction, photos, and training tips as well as variations for types of equipment and difficulty level. Challenge yourself with a different workout each day.

High-Intensity 300

Dan Trink, CSCS

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Guide clients to new heights of fitness with eccentric training

Essentials of Eccentric Training is the first comprehensive resource covering this innovative approach to resistance training and conditioning that produces extraordinary results. Backed by evidence-based studies and readily incorporated into training programs, eccentric training provides greater intensity to help individuals push past plateaus and increase muscular strength, endurance, and power. Using eccentric training, strength and conditioning professionals and personal trainers can also help their clients improve metabolism, manage their weight, and facilitate injury rehabilitation.

Essentials of Eccentric Training With Online Video

Len Kravitz, PhD, and Aaron T. Bubbico, MS

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\$52.00 (\$71.95 CDN, £38.49 UK, €58.54 EURO)

▶ **ANCILLARIES:** Online video

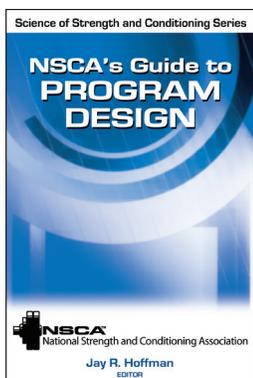
www.HumanKinetics.com/EssentialsOfEccentricTraining

The online video is also available for purchase separately • ISBN 978-1-4925-0456-6



Essentials of Eccentric Training CE Course

Science of Strength and Conditioning Series



Develop evidence-based strength and conditioning programs

NSCA's Guide to Program Design offers strength and conditioning professionals a scientific basis for developing training programs for specific athletes and also includes a detailed examination of considerations and challenges in developing a program. The text contains 20 sample workouts or training plans for athletes in a variety of sports, technique

photos and instructions for select drills, and a sample annual training plan that assembles all the pieces previously presented.

NSCA's Guide to Program Design

National Strength and Conditioning Association

Jay Hoffman, PhD, Editor

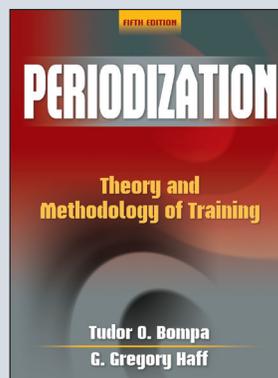
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Also see...

NSCA's Guide to Tests and Assessmentspage 20

NSCA's Guide to Sport and Exercise Nutritionpage 30



Structure optimal training plans for exceptional performance

With this text you will learn how to vary the intensity and volume of training to optimize the body's ability to recover and rebuild—resulting in better performance and less risk of injury. With the fifth edition of *Periodization*, you can learn the principles, objectives, and components

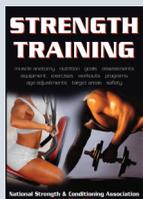
of a successful long-term training program and how to plan the right program to achieve performance goals.

Periodization: Theory and Methodology of Training, Fifth Edition

Tudor O. Bompa, PhD, and G. Gregory Haff, PhD

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Strength Training

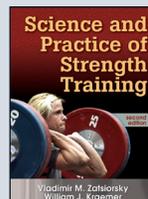
National Strength and Conditioning Association

Lee E. Brown, EdD, CSCS, *D, FNSCA, FACSM, Editor

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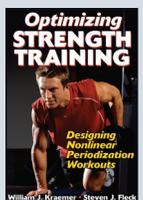
Science and Practice of Strength Training, Second Edition

Vladimir M. Zatsiorsky, PhD, and William J. Kraemer, PhD

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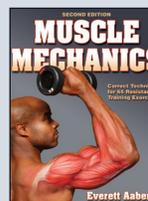
Optimizing Strength Training: Designing Nonlinear Periodization Workouts

William J. Kraemer, PhD, and Steven J. Fleck, PhD

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ISBN 978-0-7360-6068-4

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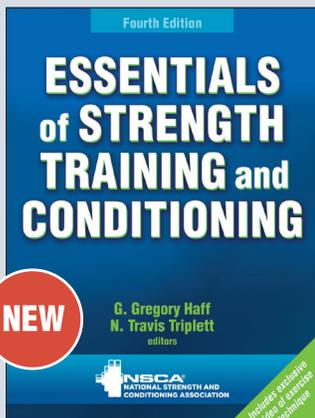
Muscle Mechanics, Second Edition

Everett Aaberg

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ISBN 978-0-7360-6181-0

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Develop safe and effective strength and conditioning programs

Developed by the National Strength and Conditioning Association (NSCA), *Essentials of Strength Training and Conditioning, Fourth Edition*, is the fundamental text for strength and conditioning professionals and students. It provides the most comprehensive information on organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. The scope and content have been updated to convey the knowledge, skills, and abilities required of a strength and conditioning professional and to address the latest information on the Certified Strength and Conditioning Specialist (CSCS) Exam, making it a vital source for exam preparation.

Essentials of Strength Training and Conditioning, Fourth Edition With Web Resource

National Strength and Conditioning Association
G. Gregory Haff, PhD, and N. Travis Triplett, PhD, Editors
©2016 • Paperback, e-book • 752 pp • ISBN 978-1-4925-0162-6
\$104.00 (\$143.95 CDN, £74.49 UK, €113.24 EURO)

➤ **ANCILLARIES:** Instructor Guide • Instructor video • Test package • Presentation package plus image bank
Student web resource with online video

www.HumanKinetics.com/EssentialsOfStrengthTrainingandConditioning

The presentation package plus image bank is also available for purchase • ISBN 978-1-4925-0163-3

The web resource with online video is also available for purchase • ISBN 978-1-4925-0166-4



Prepare for the NSCA CSCS exam with this interactive online course

NSCA's Certified Strength and Conditioning Specialist (CSCS) Online Study Course works in tandem with the material presented in *Essentials of Strength Training and Conditioning* to offer a practical and efficient method of studying the content assessed on the CSCS exam. With over 160 interactive learning activities, the content covered relates directly to the responsibilities of a certified strength and conditioning specialist. An end-of-course test mimics the scope and difficulty of the actual certification exam.

NSCA's Certified Strength and Conditioning Specialist (CSCS) Enhanced Online Study Course

National Strength and Conditioning Association
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\$269.00 (\$370.95 CDN, £194.99 UK, €296.42 EURO)

Also available with only e-book or without text for reduced prices.



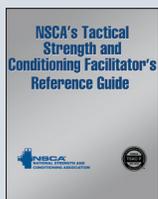
Ideal resource for CSCS and NSCA-CPT candidates

Created by the National Strength and Conditioning Association (NSCA), *Exercise Technique Manual for Resistance Training, Third Edition With Online Video*, is a practical resource for current and aspiring strength and conditioning professionals and personal trainers, including those preparing for NSCA certification. The updated third edition includes 70 resistance training exercises with step-by-step instructions, photos, and online video demonstrations to ensure that users will be well prepared in performing and teaching resistance training exercises. A new special section features alternative modes and nontraditional implements, including kettlebell exercises.

Exercise Technique Manual for Resistance Training-Third Edition With Online Video

National Strength and Conditioning Association
©2016 • Paperback, e-book • 184 pp • ISBN 978-1-4925-0692-8
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➤ **ANCILLARIES:** Image bank • Online video
www.HumanKinetics.com/ExerciseTechniqueManualForResistanceTraining
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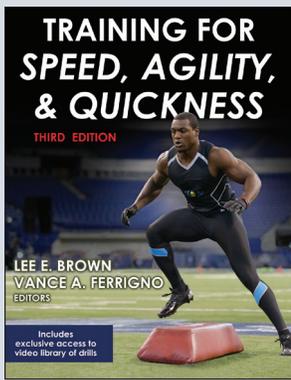
NSCA's Tactical Strength and Conditioning Facilitator's Reference Guide

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Also see...

NSCA-CPT Resources.....page 15
NSCA Sports Performance Series.....page 8

See more Personal Training resources on page 15



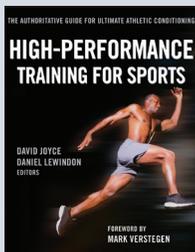
Elevate performance with drills used by elite athletes

Get a step ahead of the competition with this total training package. The top sport and conditioning experts present the best information on testing, techniques, drills, and training programs to maximize athletes' movement capabilities. Featuring 262 drills and proven assessments for customizing programs and

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Lee E. Brown, EdD, CSCS,*D, FNCSA, FACSMM, and Vance A. Ferrigno, Editors
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Develop all aspects of athletic performance

This is a must-own guide for any serious strength and conditioning coach, trainer, rehabilitator, or athlete. It changes the landscape of athletic conditioning and sports performance by presenting the latest and most effective philosophies,

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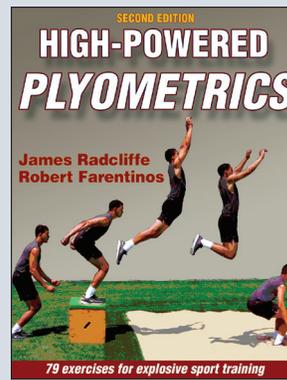
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High Performance Training for Sports CE Course



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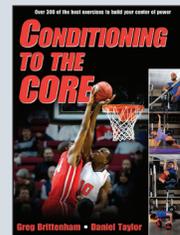
Improve strength, power, balance, and stamina

No matter what sport you play or level you compete, this guide to explosive power training for athletes, coaches, and strength and conditioning experts will take your performance to the next level. Exploring the principles of high-intensity plyometric training, power assessments, and development of long- and short-term conditioning

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James C. Radcliffe, MS, CSCS, and Robert C. Farentinos, PhD
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Gain a competitive edge with a functional approach to training your trunk. Color-coded stability, strength, and power training exercises and programs will help you grasp the proper design of a regimen to meet your goals. The book includes the most effective assessment tools.

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Conditioning to the Core CE Course

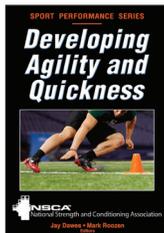


21st Century Core Training

NSCA Sport Performance Series

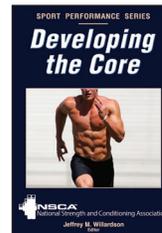


The NSCA's **Sport Performance Series** draws on the resources and expertise of the most recognized professionals in strength training and conditioning, sport science, performance research, education, and sports medicine. The NSCA provides the crucial link between the lab and the field.



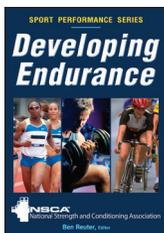
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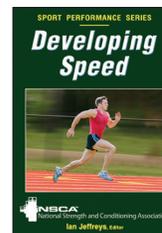
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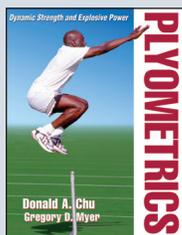
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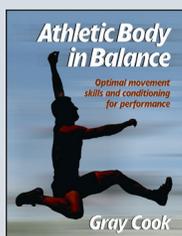
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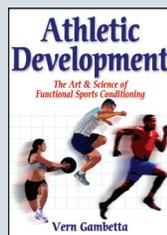
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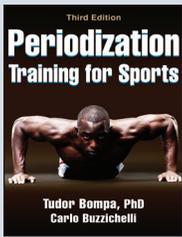
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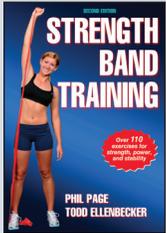
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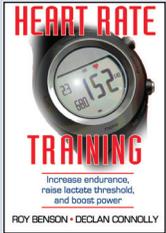
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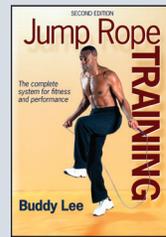
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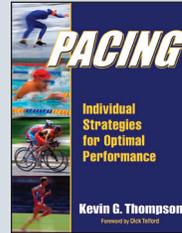
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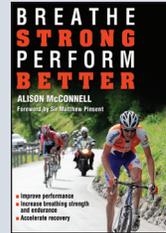
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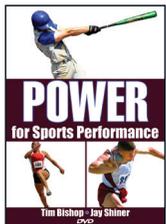
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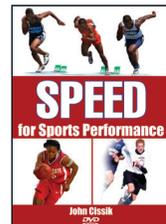
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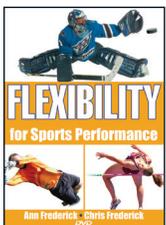
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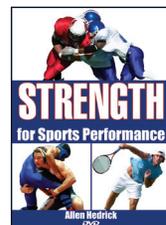
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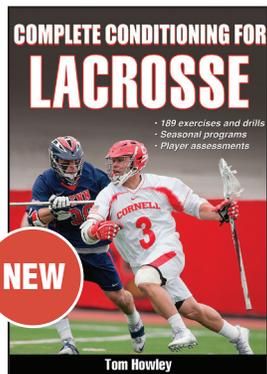


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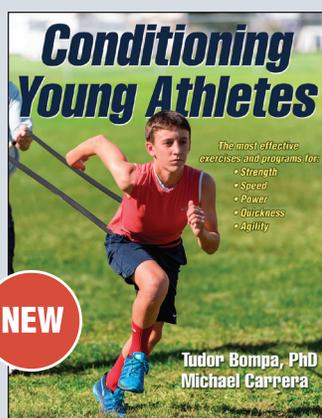
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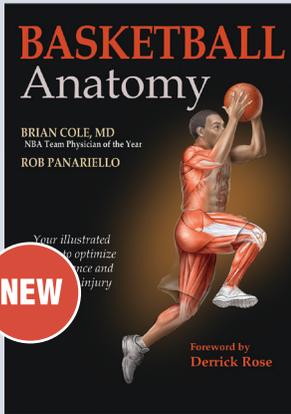
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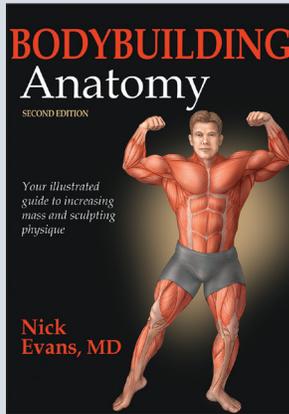
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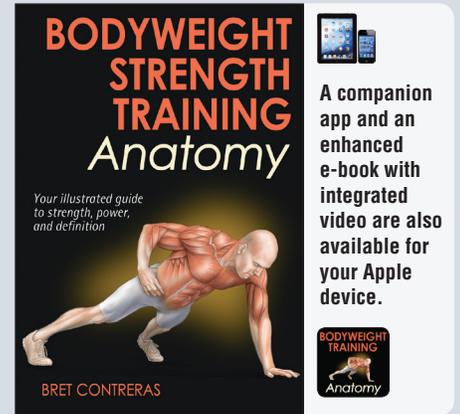
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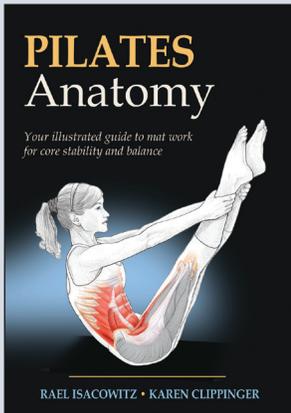


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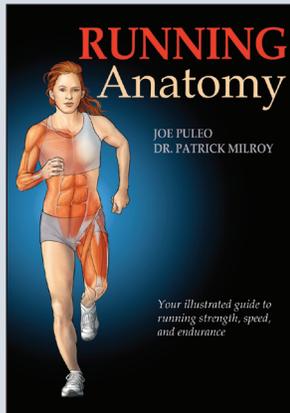


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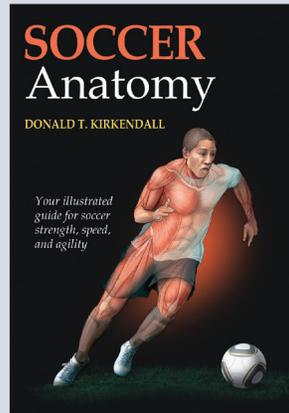
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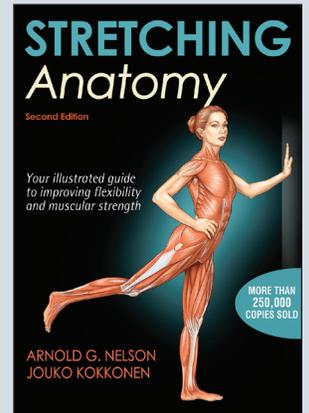
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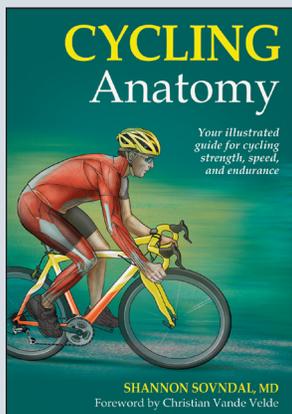
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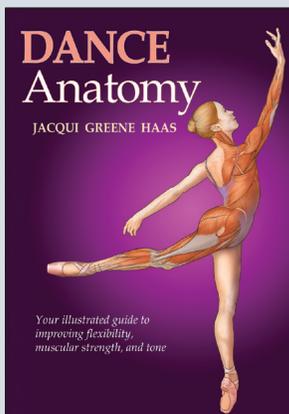
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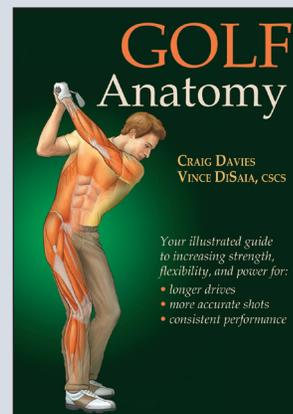
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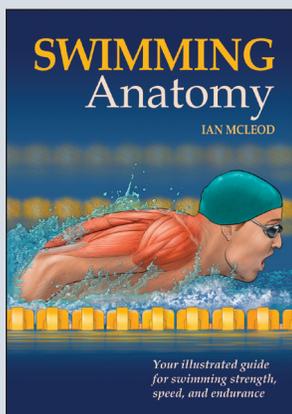
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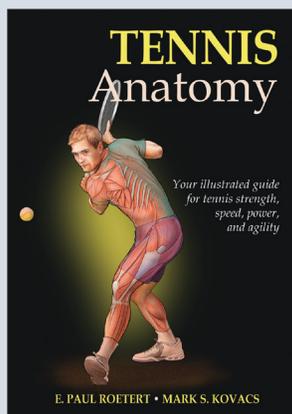
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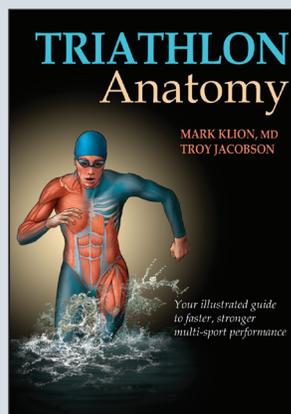
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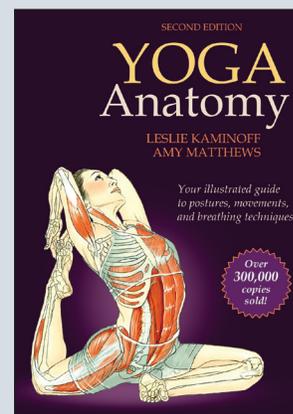
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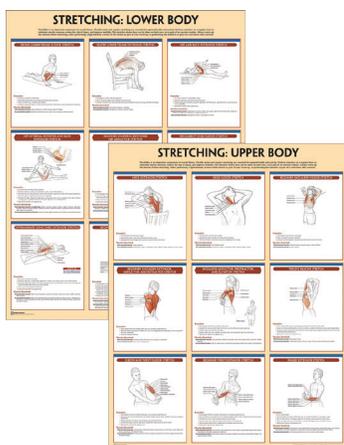


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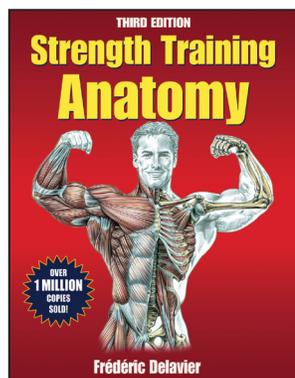


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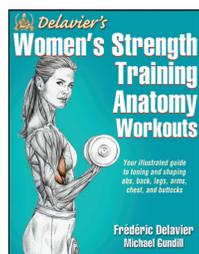
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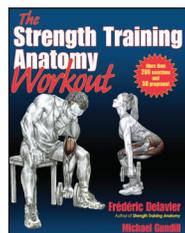
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Delavier's Women's Strength Training Anatomy Workouts

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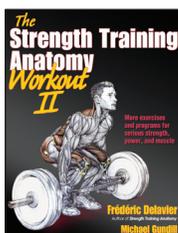
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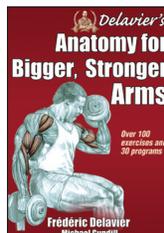
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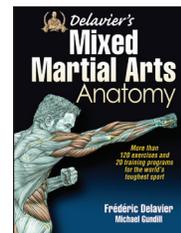
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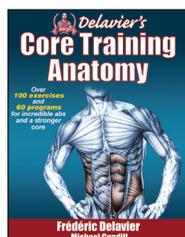
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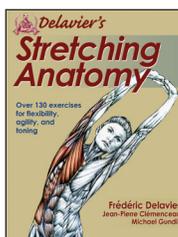
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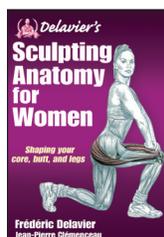
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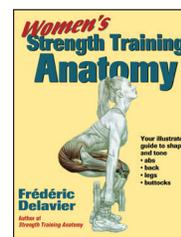
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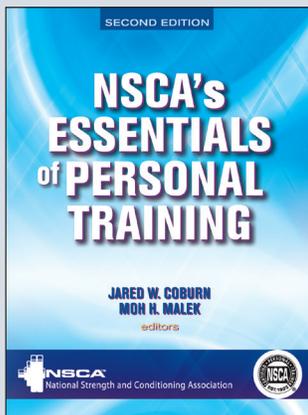
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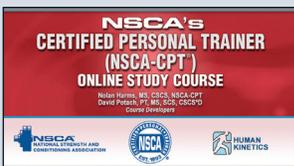


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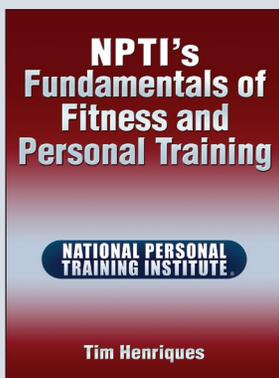
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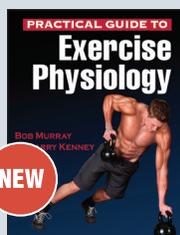
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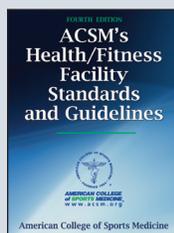


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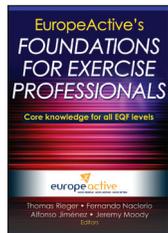
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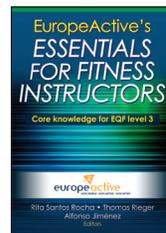
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Written by world-renowned experts in exercise and sport sciences, *EuropeActive's Foundations for Exercise Professionals* provides core knowledge and industry standards to help exercise professionals serve their clients. Endorsed by EuropeActive, the book uses scientific foundations to cover concepts and hands-on skills that promote best practices in exercise instruction and training.

EuropeActive's Foundations for Exercise Professionals
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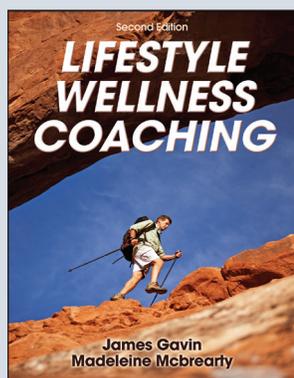
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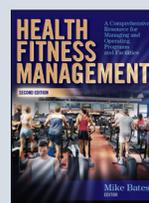
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Lifestyle Wellness Coaching, Second Edition
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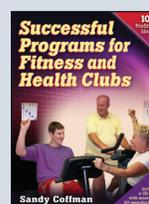
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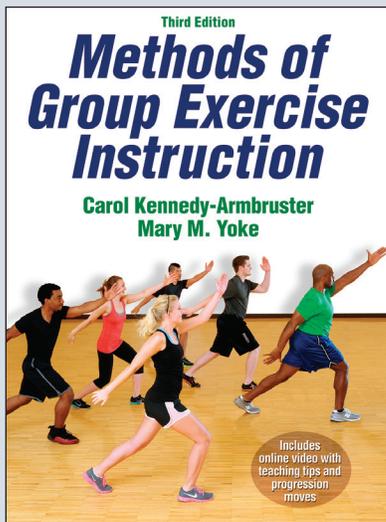
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Methods of Group Exercise Instruction, Third Edition With Online Video

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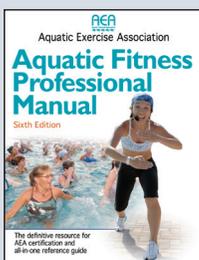


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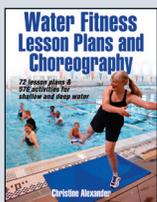
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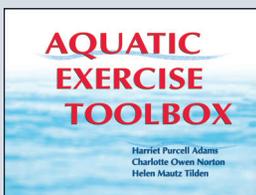


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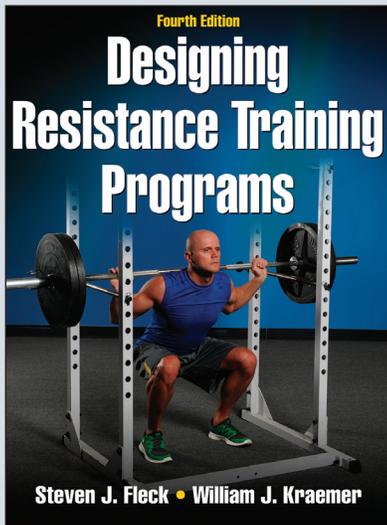
Strength Training in Water



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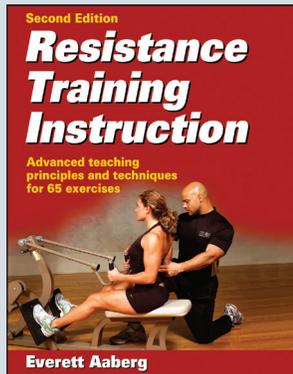
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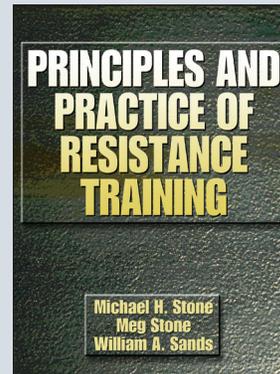
Polish your resistance training instruction skills

This text combines detailed illustrations and expert technical guidance into a full-color text to show exactly how to target specific muscles by using the most efficient alignment, positioning, and lifting technique for each exercise. Photos depict trainers in action, allowing you to see proper positioning and training

technique for every exercise. Three sample periodized programs demonstrate how to develop base strength, improve whole-body fitness, and design advanced split routines by selecting, combining, and sequencing the best exercises for each client. You will also learn the science and art of how and when to vary intensity, volume, recovery, and exercise sequencing to customize individual routines to meet long-term training goals for clients.

Resistance Training Instruction, Second Edition

Everett Aaberg
 ©2007 • Paperback • 256 pp • ISBN 978-0-7360-6403-3
 \$39.00 (\$37.95 CDN, £29.99 UK, €45.60 EURO)



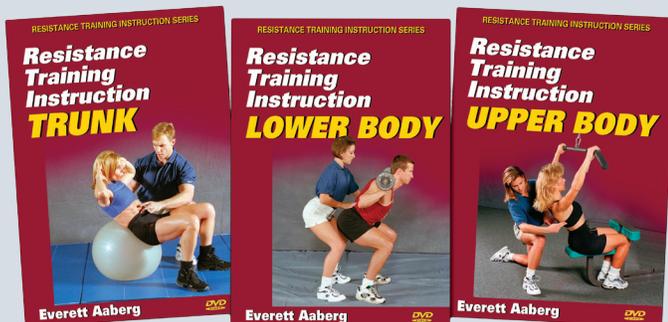
Design resistance training programs for improved performance

Principles and Practice of Resistance Training details how to examine the physical, physiological, and biomechanical parameters associated with crafting resistance training programs to improve sport performance, strength, and power in athletes.

The authors bring together more than 100 collective years of teaching, conducting research, and coaching national- and international-level athletes to share their unique insights concerning adaptations to strength and conditioning. In doing so, they translate the theory of training principles into practical information to provide you with the tools to create, monitor, and adapt effective resistance training programs to help athletes or clients excel.

Principles and Practice of Resistance Training

Michael H. Stone, PhD, Meg Stone, MS, and William A. Sands, PhD
 ©2007 • Hardback • 384 pp • ISBN 978-0-88011-706-7
 \$94.00 (\$129.95 CDN, £68.99 UK, €104.90 EURO)



Resistance Training Instruction DVD Series Package

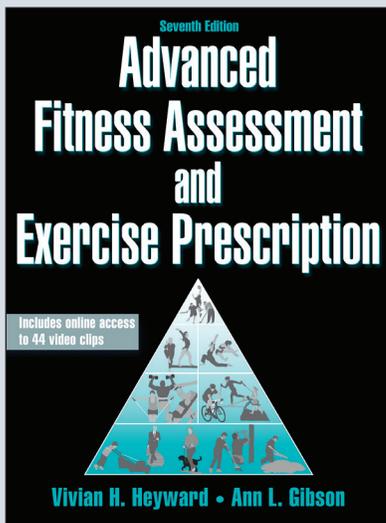
ISBN 978-0-7360-7371-4

DVDs also sold individually. See website for details.



Also see...

Exercise Technique Manual for Resistance Training, Third Edition..... page 7



Employ a balanced approach to assessing physical fitness

Advanced Fitness Assessment and Exercise Prescription, Seventh Edition With Online Video, provides a comprehensive approach to physical fitness appraisal and exercise prescription. The text shows how to assess each fitness component and then how to design exercise programs based on that assessment, bridging the gap between research and practice for fitness professionals.

This edition includes guidelines and recommendations for medical exam and exercise testing requirements before beginning exercise programs. Additional features in the seventh edition include the following:

- More than 40 clips in the accompanying online video that feature common exercise assessments
- Expanded information on prediabetes, metabolic syndrome, osteoporosis, and obesity
- Physical activity recommendations from the U.S. government, American Heart Association, and ACSM
- Updated information on the use of technology, exergaming, and social media networks to monitor and promote physical activity
- Additional OMNI pictorial scales for ratings of perceived exertion
- Whole-body vibration as an adjunct to resistance training and flexibility training

Advanced Fitness Assessment and Exercise Prescription, Seventh Edition With Online Video

Vivian H. Heyward, PhD, and Ann L. Gibson, PhD

©2014 • Hardback, e-book • 552 pp • ISBN 978-1-4504-6600-4
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An enhanced e-book with integrated video is also available for your tablet or mobile device.



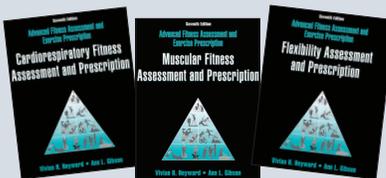
Advanced Fitness Assessment and Exercise Prescription CE Course

➤ **ANCILLARIES:** Instructor guide • Test package • Chapter quizzes
Presentation package plus image bank • Online video

www.HumanKinetics.com/AdvancedFitnessAssessmentAndExercisePrescription

The presentation package plus image bank is also available for purchase • ISBN 978-1-4504-6814-5

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Fitness Assessment Courses

Each course consists of a mini e-book made up from specific chapters of the text, *Advanced Fitness Assessment and Exercise Prescription, Seventh Edition With Online Video*, and concludes with a continuing education exam.

Cardiorespiratory Fitness Assessment and Prescription Online CE Course

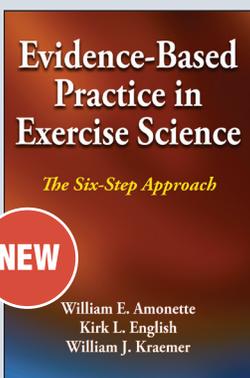
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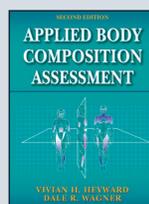
Apply evidence to improve client and patient outcomes

Evidence-Based Practice in Exercise Science: The Six-Step Approach equips you with the basic skills and competencies to discern the value of scientific research and become an evidence-based practitioner.

Evidence-Based Practice in Exercise Science: The Six-Step Approach

William E. Amonette, PhD, Kirk L. English, PhD, and William J. Kraemer, PhD

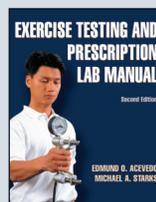
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Vivian Heyward, PhD, and Dale Wagner, PhD
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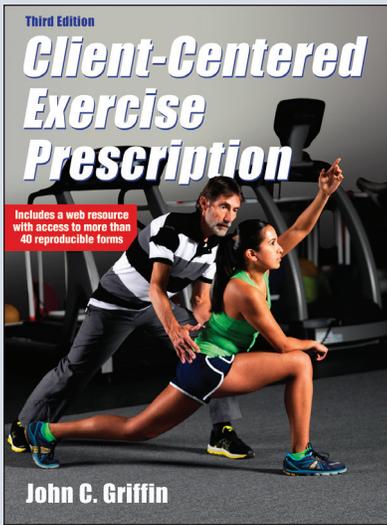
Exercise Testing and Prescription Lab Manual, Second Edition

Edmund O. Acevedo, PhD and Michael A. Starks, PhD
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Client-Centered Exercise Prescription, Third Edition With Web Resource, emphasizes a personalized approach to exercise in which unique programs meet the interests and needs of individual clients. The text expands the role of the fitness professional from simple exercise prescription to include activity counseling, design modification, exercise demonstration, functionally integrated exercise, injury prevention, and follow-up monitoring for a variety of clients.

The third edition features numerous updates:

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Client-Centered Exercise Prescription, Third Edition With Web Resource

John C. Griffin, MSc

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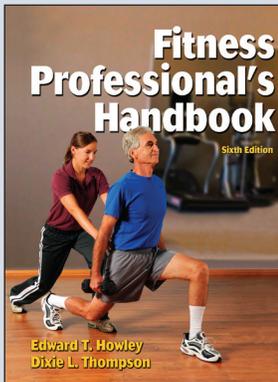
▶ **ANCILLARIES:** Web Resource

www.HumanKinetics.com/ClientCenteredExercisePrescription

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Client-Centered Exercise Prescription, Third Edition CE Course



Evaluate and prescribe exercise for various populations

Fitness Professional's Handbook, Sixth Edition, will help you understand the role of physical activity in quality of life and the guidelines for screening, testing, supervising, and modifying activity for various populations. It is an essential resource for those seeking professional certification and

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Fitness Professional's Handbook, Sixth Edition

Edward T. Howley, PhD, and Dixie L. Thompson, PhD

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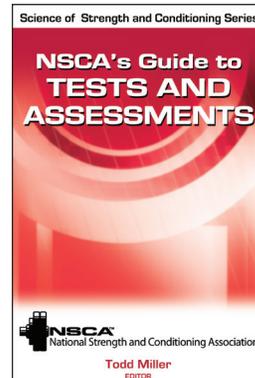
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NSCA's Guide to Tests and Assessments

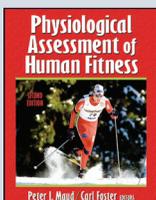
National Strength and Conditioning Association

Todd Miller, PhD, Editor

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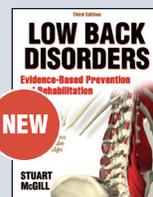
NSCA's Guide to Program Designpage 6
NSCA's Guide to Sport and Exercise Nutrition.....page 30



Physiological Assessment of Human Fitness, Second Edition

Peter J. Maud, PhD, and Carl Foster, PhD, Editors

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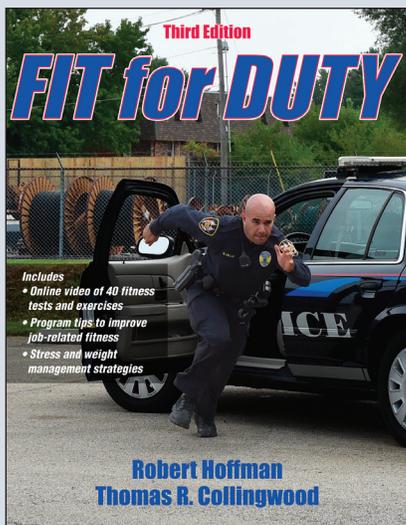
Low Back Disorders, Third Edition with Web Resource

Stuart McGill, PhD

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Fit for Duty, Third Edition With Online Video, provides accessible information on creating and implementing fitness and wellness programs to help law enforcement officers fulfill their demanding job requirements. Updated with current statistics, anecdotes, and research from agencies across North America, *Fit for Duty, Third Edition*, contains job-specific exercise techniques along with information on lifestyle components of fitness, including diet and nutrition, weight management, stress management, smoking cessation, and the prevention of substance abuse. Accompanying online video clips demonstrate proper technique for 40 test protocols and exercises.

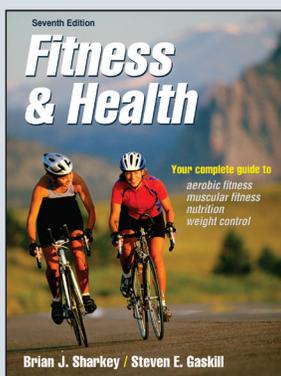
Fit for Duty, Third Edition With Online Video

Robert Hoffman, MS, and Thomas R. Collingwood, PhD
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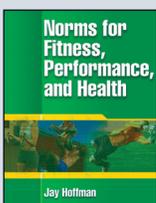
Fitness & Health, Seventh Edition

Brian J. Sharkey, PhD, and Steven E. Gaskill, PhD
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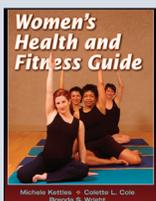
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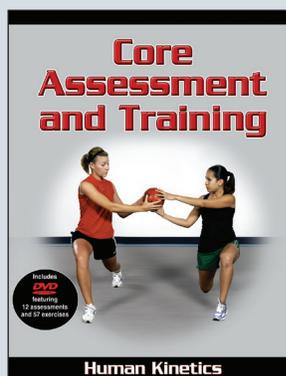
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Core Assessment and Training covers core strength, alongside flexibility and plyometrics, and features photos, illustrations, and instructions for over 120 exercises. A DVD included with the text features video demonstrations that help you review proper techniques

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Core Assessment and Training

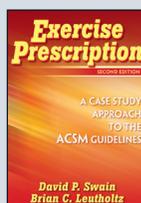
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Core Assessment and Training

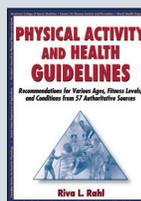


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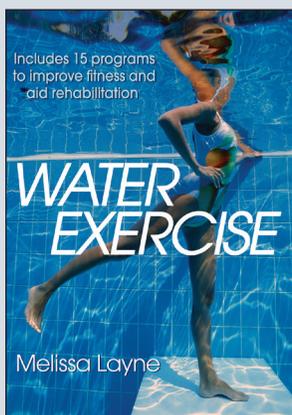
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Head to the pool for a fun and different workout

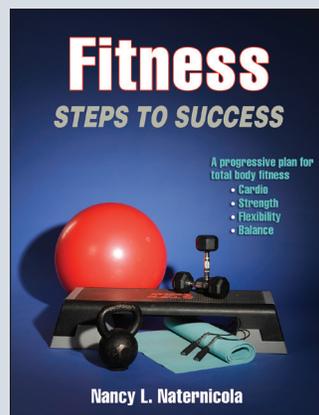
Grab your swimsuit and a copy of *Water Exercise* and head to the pool to add variety to your workouts. Ideal for cross-training workouts and beginning to advanced fitness workouts, *Water Exercise* will also help you recover from injury or manage a chronic condition. With underwater photos and simple instructions for each exercise, you will learn

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Fitness: Steps to Success

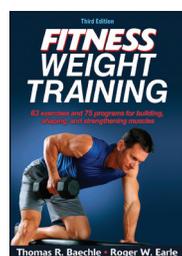
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Thomas R. Baechle, EdD, CSCS,*D, NSCA-CPT,*D, and Roger W. Earle, MA, CSCS,*D, NSCA-CPT,*D

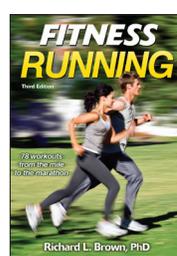
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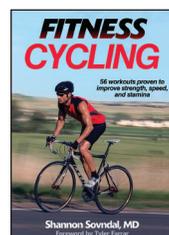
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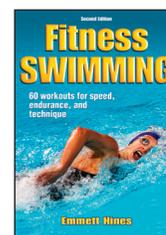
Fitness Walking, Second Edition, helps you meet fitness goals by offering a wide range of walks that can be chosen based on the duration, distance,

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Workouts for every swimmer

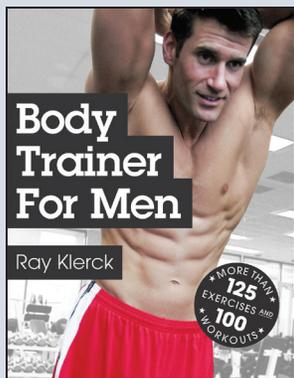
Fitness Swimming, Second Edition, provides 60 workouts and 16 sample programs to help you achieve your

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A man's guide to losing fat and keeping muscle

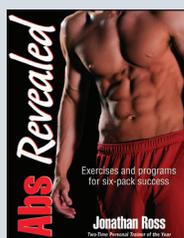
Build the ideal physique with a completely accessible and convenient resource from one of the world's most sought-after personal trainers. Fitness expert and *Men's Health* cover model Ray Klerck specifically tailors *Body Trainer for Men* to the unique needs and goals of men. Whether the goal is improved

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Body Trainer for Men

Ray Klerck

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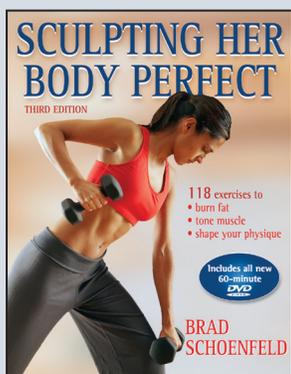
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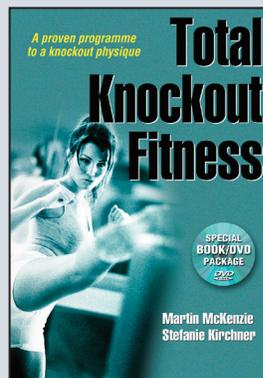
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Brad Schoenfeld, PhD, CSCS, CSPS, FNSCA

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At-home routines for every fitness goal

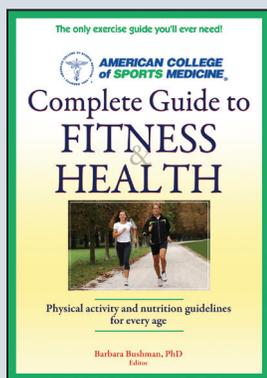
Fitness expert and best-selling author Brad Schoenfeld makes sense of home-based workouts by covering fitness routines for every training style, budget, and home space. The full-color guide includes 12 four-week programs for conditioning, sculpting, and core stability, plus three levels of fat-burning cardio workouts, all customizable to fit your goals.

Women's Home Workout Bible

Brad Schoenfeld, PhD, CSCS, CSPS, FNSCA

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Get active and eat right

ACSM's Complete Guide to Fitness & Health includes activities and sample programs for every age group and fitness level and features strategies for planning and tracking progress over time. Full-color photos accompanying step-by-step instructions for increasing muscular strength, flexibility, and balance, along with guidance on choosing the right cardiorespiratory training

based on interest and available time, makes it easy for you to get started or improve your existing fitness routines. This authoritative guide to fitness and health includes chapters with recommendations for people with special health and medical conditions, such as diabetes, obesity, high cholesterol, osteoporosis, pregnancy, high blood pressure, and arthritis.

ACSM's Complete Guide to Fitness & Health

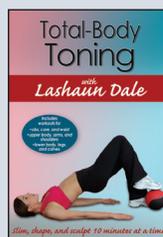
American College of Sports Medicine
Barbara Bushman, PhD, Editor

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Your Fitness ID: Using Exercise to Improve Health



Slim, shape, and sculpt 10 minutes at a time

Total-Body Toning with Lashaun Dale is your personal program for slimming, shaping, and sculpting your body. Through interval training and a blend of traditional and nontraditional resistance exercises, perfecting your physique has never been easier.

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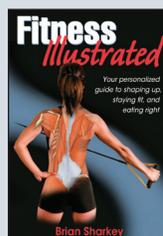
Core Express segment

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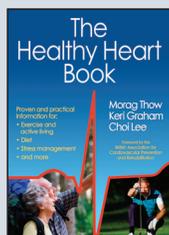
Get active and stay active for life

Fitness Illustrated is a visual, straightforward approach to core fitness concepts, exercise programming, nutrition, and weight management. Photos, illustrations, and explanations depict how a body changes through aerobic and strength training so that customized routines can address specific needs and goals.

Fitness Illustrated

Brian J. Sharkey, PhD

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Take charge of your recovery and live a long and full life

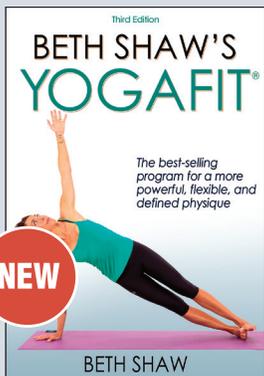
At last, here are answers, advice, and support for the millions who have been diagnosed or are living with heart conditions. *The Healthy Heart Book* provides the blueprint for protecting your heart and living a healthy lifestyle.

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Morag Thow, PhD, BSc, Dip PE, Keri Graham, MSc, BSc, and Choi Lee, BSc

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Improve flexibility, strength, and overall physical conditioning

Whether you are searching for a new challenge or a way to incorporate yoga into your exercise routine, *Beth Shaw's YogaFit* will help you reach your physical potential. Expanded and updated, this highly acclaimed program combines challenging conditioning work with strength- and flexibility-building yoga to create a total-body

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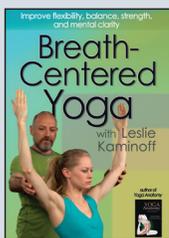
Beth Shaw's YogaFit, Third Edition

Beth Shaw, E-RYT, BS, CMT

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Improve relaxation, mental clarity, and balance

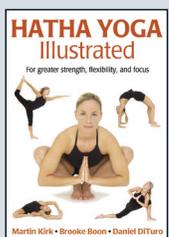
Join Leslie Kaminoff as he guides you through postures, movements, and breathing techniques designed to improve balance, flexibility, strength, and mental clarity. *Breath-Centered Yoga with Leslie Kaminoff* includes four complete programs.

Breath-Centered Yoga with Leslie Kaminoff DVD

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Your personal physical yoga program

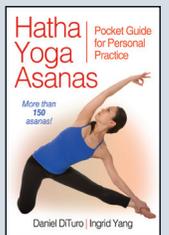
Experience the physical benefits and body awareness of hatha yoga. *Hatha Yoga Illustrated* presents nearly 650 full-color photos to demonstrate 77 standard poses that apply to all major hatha styles, including Iyengar, Astanga, Anusara, and Bikram.

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Martin Kirk, E-RYT, Brooke Boon, and Daniel DiTuro

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See how to perform over 150 asanas

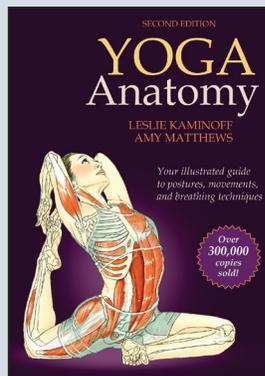
This easy-to-use quick-reference guide captures the beauty and essence of hatha yoga itself. *Hatha Yoga Asanas* features full-color photos, basic movement cues, the English and Sanskrit names, and difficulty ratings for over 150 poses.

Hatha Yoga Asanas: Pocket Guide for Personal Practice

Daniel DiTuro and Ingrid Yang, MD, E-RYT

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Gain a deeper understanding of yoga structures

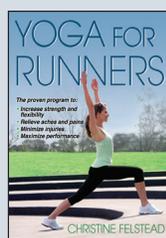
From breathing to inversions to standing poses, see how specific muscles respond to the movement of the joints; how alterations of a pose can enhance or reduce effectiveness; and how the spine, breathing, and body positions are all fundamentally linked.

Yoga Anatomy, Second Edition

Leslie Kaminoff and Amy Matthews, CMA, E-RYT

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Use yoga to improve running skills

Christine Felstead's unique program introduces a proven cross-training approach to the sport. This guide shows runners how to incorporate yoga into their routine to improve breathing, strength, flexibility, endurance, mental sharpness, and overall athletic performance.

Yoga for Runners

Christine Felstead

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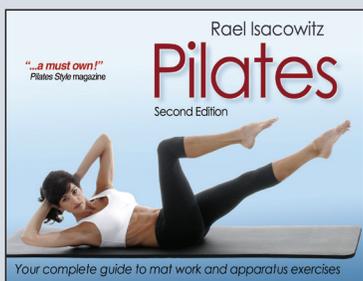
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Yoga for Runners: The Benefits & Practice Revealed

A companion app for your Apple device is also available.





Learn to master Pilates

Having sold more than 60,000 copies and been translated into several languages, *Pilates* is the most respected and comprehensive guide available on the Pilates method. Exercises in the second edition are depicted

in photo sequences and include difficulty ratings, recommended resistance ranges, and instructions and reasons for performing the movements. Exercises are categorized by body region, and many include variations to increase or decrease the challenge. In addition to popular mat exercises, *Pilates* covers exercises for the classic apparatus: reformer, cadillac, wunda chair, step and ladder barrels, ped-a-pul, arm chair, and magic circle.

Pilates, Second Edition

Rael Isacowitz

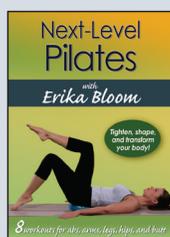
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Pilates for Men: Bringing Back the Balance



Pilates CE Course



Tone muscles from head to toe

Erika Bloom guides 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.

Next-Level Pilates with Erika Bloom DVD

Erika Bloom

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30-Minute Sculpt segment

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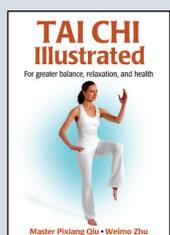
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Enjoy better health and self-awareness

Tai Chi Illustrated offers a comprehensive look at the exercise some call “moving meditation.” Full-color photo sequences demonstrate how to perform the most popular tai chi routines. *Tai Chi Illustrated* makes it easy to learn these mind–body exercises and harness the healing power of chi, putting

readers on the path to better health and self-awareness.

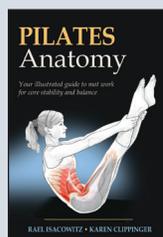
Tai Chi Illustrated

Pixiang Qiu and Weimo Zhu, PhD

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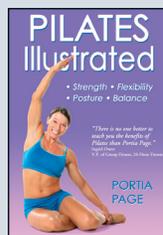
Inside information on strengthening and toning

Pilates Anatomy presents a visual perspective on correct alignment, posture, and movements. It offers an inside look at workouts by providing a customizable approach that includes 213 illustrations and step-by-step instructions for 46 of the most effective mat exercises for building a stronger, more articulate body.

Pilates Anatomy

Rael Isacowitz and Karen Clippinger

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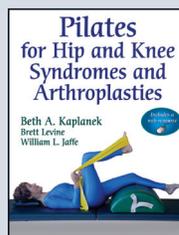
Improve your posture, muscles, energy, and spirit

Renowned pilates 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

Portia Page

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Improve pre- and postoperative function in the hip and knee

Written by a Pilates instructor and practitioner of Pilates for rehabilitation, this text outlines Pilates techniques and mat exercises accompanied by more than 600 photos that clearly demonstrate the exercises and feature detailed instructions for correct execution.

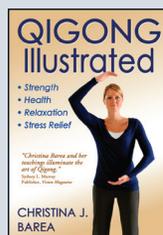
Pilates for Hip and Knee Syndromes and Arthroplasties With Web Resource

Beth A. Kaplanek, RN, BSN, Brett Levine, MS, MD, and William L. Jaffe, MD

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Pilates Training: Pre- and Post-Rehabilitation for Total Hip and Knee Arthroplasty



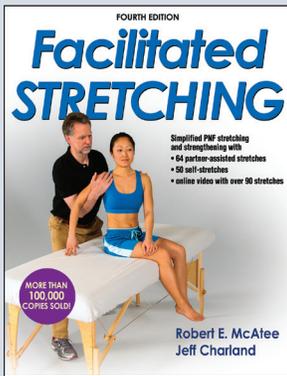
Harness the healing power of qigong

Qigong Illustrated is a step-by-step guide complete with detailed instructions and full-color photo sequences of the most effective movements, exercises, and traditional routines, including Daoist Five, Eight Silk Brocade, and Turning and Winding the Belt Vessel.

Qigong Illustrated

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Improve flexibility, strength, and coordination with PNF stretching

Facilitated Stretching, Fourth Edition, remains the most trusted source for the latest proprioceptive neuromuscular facilitation (PNF) stretching techniques, a safe and easy-to-use method that involves stretching the muscle, contracting it isometrically against resistance, and then stretching it again to increase

range of motion. Featuring a full-color interior, streamlined organization, and a new online video package, the fourth edition brings PNF stretching beyond the treatment room with the inclusion of techniques for the gym, workout room, and home.

Facilitated Stretching, Fourth Edition With Online Video

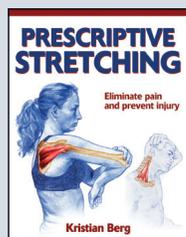
Robert McAtee, BA, LMT, CSCS, and Jeffrey Charland, PT, ATC, CSCS, GDMT
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ISBN 978-1-4504-3431-7
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ANCILLARIES: Test package • Image bank • Online video
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Facilitated Stretching, Fourth Edition CE Course

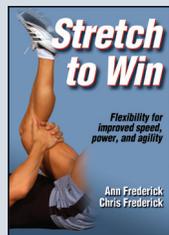


Stretch away the pain

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.

Prescriptive Stretching

Kristian Berg
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Be flexible to train and perform your best

This complete flexibility training system is a proven winner for today's athlete. Learn the dynamic exercise techniques that most closely represent the movements and loads that will be required of your body on the court, field, course,

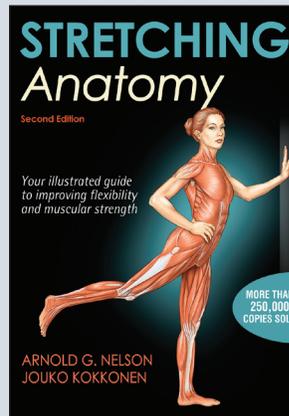
track, or mat or in the water.

Stretch to Win

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Webinar Fascia Training: New Assessments and Strategies for Optimal Mobility and Strength

Webinar Fascial Stretch Therapy: The Missing Link in Training Fitness, and Rehab



Increase flexibility, reduce injury

Expanded and updated, the best-selling *Stretching Anatomy* shows how to increase range of motion, supplement training, enhance recovery, and maximize efficiency of movement. Each exercise is illustrated in full-color and describes how to stretch, when to stretch, and which muscles are activated for support. A new chapter on dynamic stretches covers the most effective

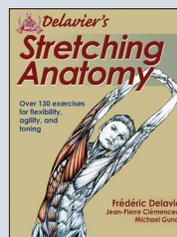
exercises for athletic warm-ups, while another chapter shows you how to customize a program based on your needs, including a program of passive static stretches proven to help lower blood glucose.

Stretching Anatomy, Second Edition

Arnold G. Nelson, PhD, and Juoko Kokkonen, PhD
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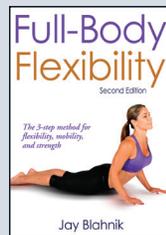


Increase flexibility, reduce injury

Here's your guide for increasing flexibility, improving range of motion, toning muscles, and relieving pain and discomfort. The very best stretches for the shoulders, chest, arms, torso, back, hips, and legs are all presented in stunning detail.

Delavier's Stretching Anatomy

Frédéric Delavier, Jean-Pierre Clémenceau, and Michael Gundill
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Proven routines for fitness and sport

Improve flexibility, balance, and strength in three steps. 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.

Full-Body Flexibility, Second Edition

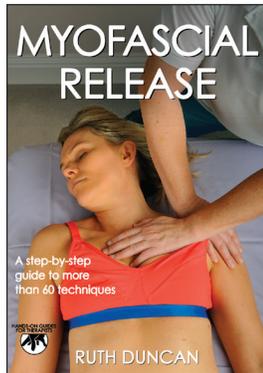
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HANDS-ON GUIDES FOR THERAPISTS



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Learn to feel soft tissue and apply techniques to better your practice

This text provides comprehensive training for hands-on therapists of all disciplines and at all levels to expand their practices. This scientifically grounded whole-body approach presents an overview of the entire fascial matrix, the three-dimensional web of tissue that supports, encompasses,

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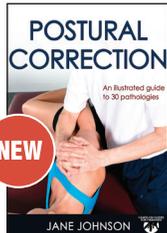
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Ruth Duncan, SST, ISRM, SMTD

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Postural Correction: An Introductory Guide



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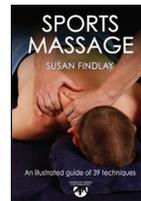
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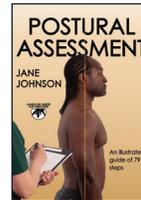
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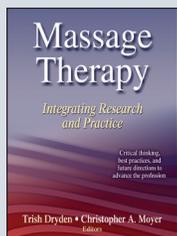
Postural Assessment: A Beginner's Guide



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Provide a research-informed massage therapy practice

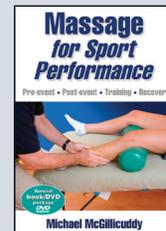
In *Massage Therapy: Integrating Research and Practice*, you will find a synthesis of information from the diverse fields of kinesiology, medicine, nursing, physical therapy, and psychology. The text offers the most current evidence-based

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Massage Therapy: Integrating Research and Practice

Trish Dryden, MEd, RMT, and Christopher A. Moyer, PhD, Editors

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Improve performance and reduce injury

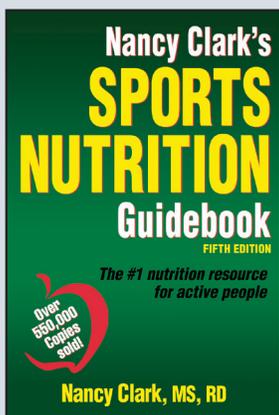
Train harder, recover quickly, and improve performance. Today's top athletes rely on sport massage to stay healthy, at the top of their game, and a step ahead of the competition. With *Massage for Sport Performance*, you can too.

Massage for Sport Performance

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Help athletes perform better by eating better

Nancy Clark's Sports Nutrition Guidebook, Fifth Edition, provides comprehensive coverage for athletes and fitness exercisers alike. It contains updated information on the nutrition needs of both sexes in several sports; the female athlete triad; guidelines on clean eating; updated intake tables and recommendations for sodium, sugar, and vitamin D; and risks and warning signs of overhydration (EAH). There is new information on supplements, energy drinks, and nutrient timing, and advice for athletes who have undergone gastric bypass surgery. Also new to the fifth edition are instructor ancillary materials, including an instructor guide and image bank, to facilitate use in the classroom. This is a must-have resource for anyone seeking advice on losing weight, getting energized for exercise, or improving health and performance, as well as those who help them to achieve these goals.

Nancy Clark's Sports Nutrition Guidebook, Fifth Edition

Nancy Clark, MS, RD

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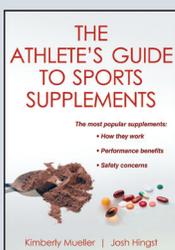
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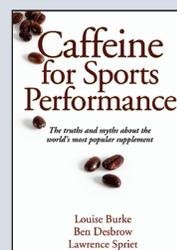
The Athlete's Guide to Sports Supplements is for athletes, coaches, and trainers seeking information on safe and legal performance-focused supplements. Listed alphabetically, each of the 120 supplements has a detailed description of what it is and how it works, facts on performance benefits, current research, recommended dosages, and health concerns.

The Athlete's Guide to Sports Supplements

Kimberly Mueller, MS, RD, CSSD, and Josh Hingst, MS, RD, CSSD

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Use caffeine to improve sport performance

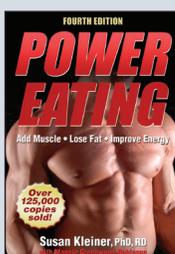
Caffeine for Sports Performance helps athletes understand whether and how to safely use caffeine to get the most out of their sports. It covers all issues related to caffeine and performance and includes practical guidance for athletes, coaches, and fitness enthusiasts

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Caffeine for Sports Performance

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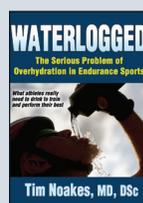
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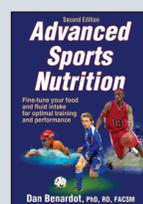
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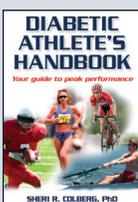
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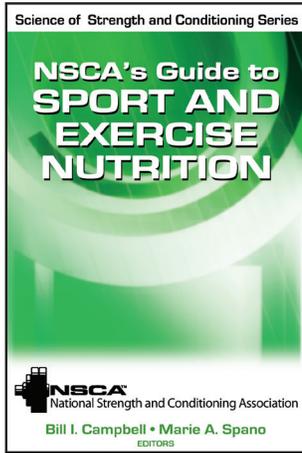
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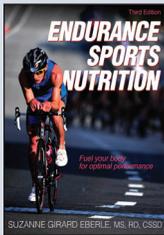
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Also see:

NSCA's Guide to Program Design page 6
NSCA's Guide to Tests and Assessments page 20



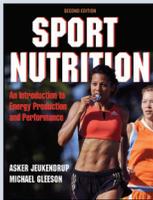
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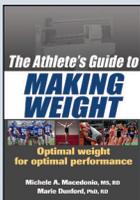


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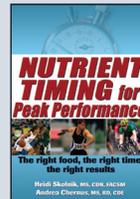
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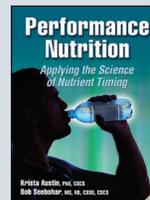
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Nutrient Timing for Peak Performance
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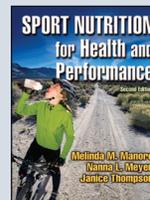
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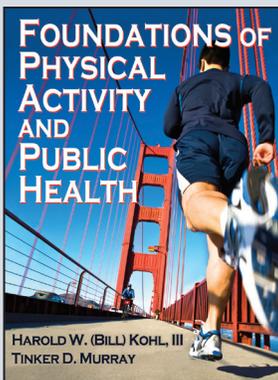


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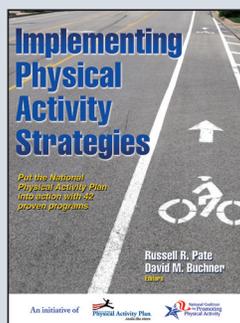
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Promote physical activity through cross-sector collaboration

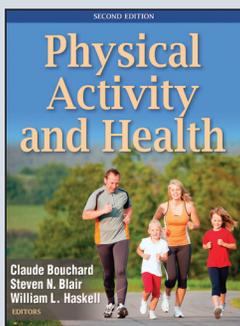
Implementing Physical Activity Strategies profiles 42 successful physical activity programs helping people adopt more active and healthy lifestyles based on the U.S. National Physical Activity Plan (NPAP), a comprehensive plan to encourage physical activity. For each, you will find an explanation of how

the program was executed, how it aligns with the NPAP, the target population of the program, cross-sector collaborations and their benefits, and assessment and evaluations of program effectiveness. Many of the program profiles include sample materials to help you more readily translate the ideas and materials of these programs into new physical activity initiatives.

Implementing Physical Activity Strategies

Russell R. Pate, PhD, and David M. Buchner, MD, MPH, Editors
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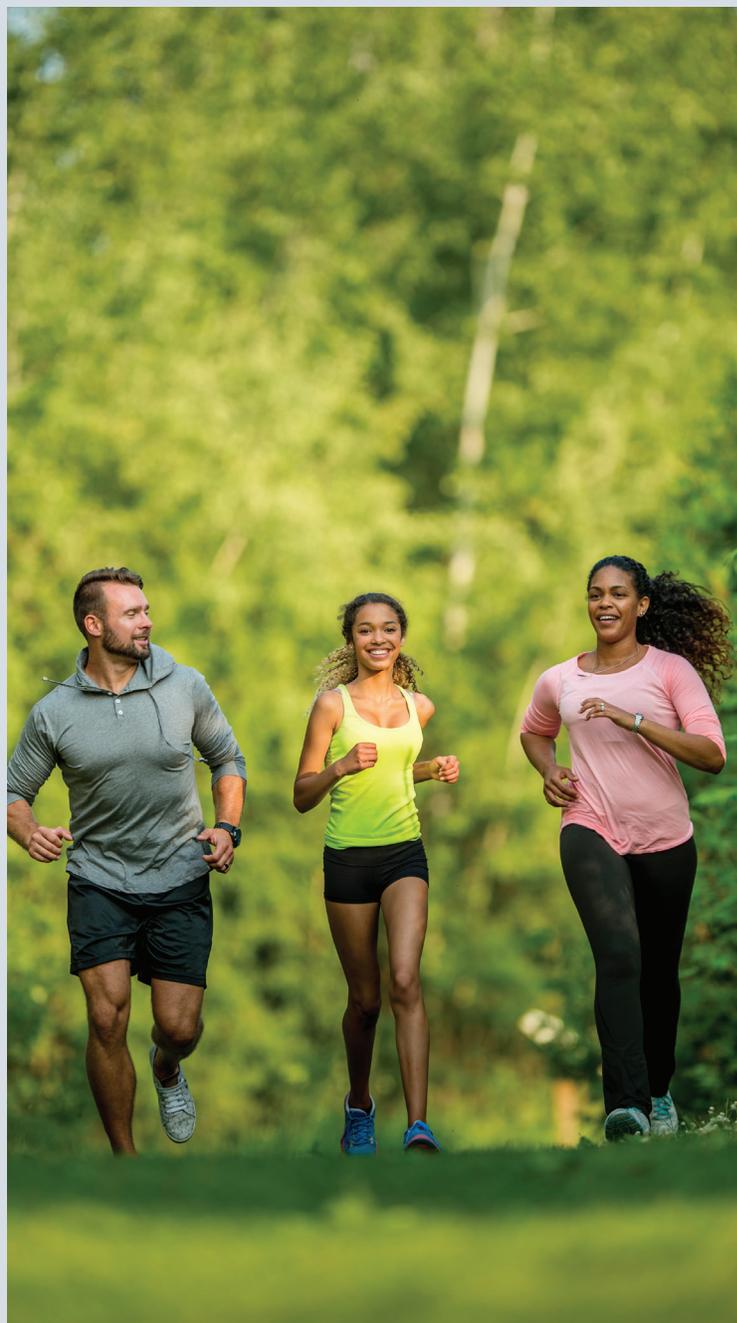
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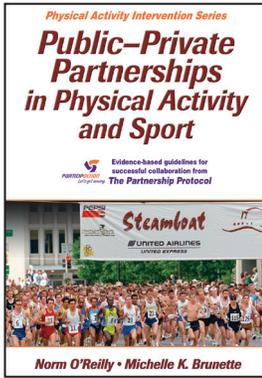
single studies or collections of studies to the overall paradigm linking physical activity and physical fitness to health.

Physical Activity and Health, Second Edition

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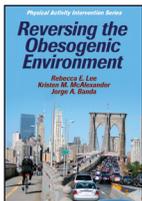
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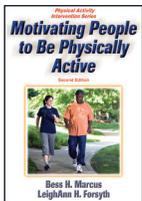


Is the Environment Causing Obesity? Taking Action to Reverse an Epidemic



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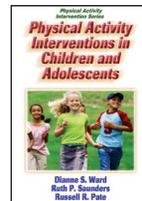


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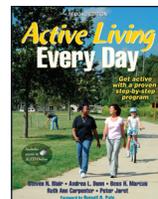
Active Living Partners



Despite the well-documented benefits of physical activity it can be difficult to convince people to add more physical activity to their lives. With the Active Living Every Day program, you'll have all the tools you need to empower people to make the small changes that can positively affect their health.

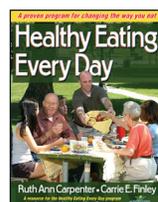
Active Living Every Day (ALED) is a step-by-step behavior change program that helps individuals overcome their barriers to physical activity. ALED offers alternatives to more traditional, structured exercise programs. Participants choose their own activities and create their own plans based on their lifestyle and personal preferences, focusing on moderate-intensity activities that can be easily added to their daily routines. The course text and online tools offer structure and support as participants explore their options and begin to realize how enjoyable physical activity can be. As participants work through the course, they learn lifestyle management skills and build on small successes, methods that have proven effective in producing lasting change.

For more information on the Active Living Every Day program, visit www.HumanKinetics.com or contact our specialist, Michelle Maloney at MichelleM@hkusa.com or 800-747-4457 ext. 2522. For those outside of the U.S. please visit www.HumanKinetics.com/ContactUs for the appropriate point of contact.



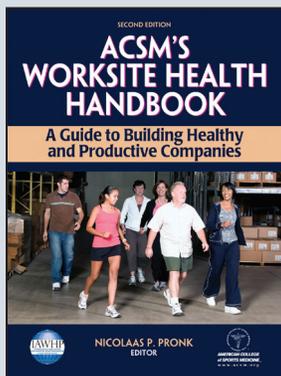
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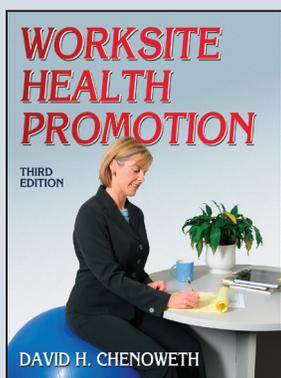
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David H. Chenoweth, PhD

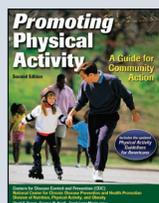
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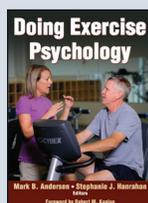
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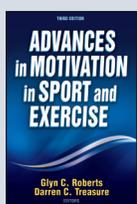
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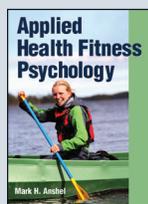


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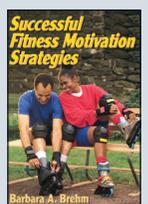
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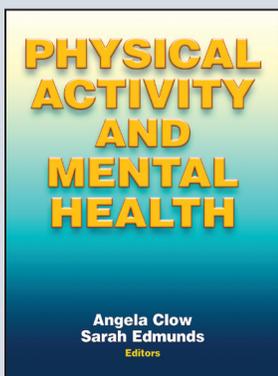
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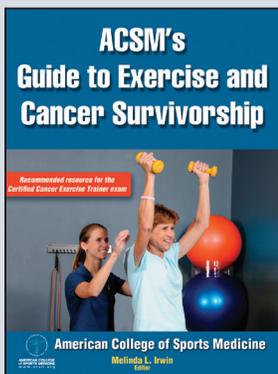


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ACSM/ACS Certified Cancer Exercise Trainer Specialty Certification Enhanced Online Exam Prep/CE Course With Book

Karen Basen-Engquist, PhD, MPH, and Heidi Perkins, PhD
©2012 • Exam prep with book* • ISBN 978-1-4504-3155-2
\$99.00 (\$136.95 CDN, £72.49 UK, €110.17 EURO)
*Also available without book and with e-book



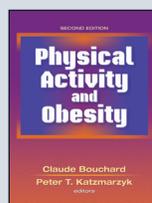
Prescribe appropriate exercise programs

This text provides evidence-informed guidance on when, and how, to devise individualized exercise programs for persons with chronic and comorbid conditions.

Coming in May 2016

ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities, Fourth Edition

American College of Sports Medicine
Geoffrey E. Moore, MD, FACSM, J. Larry Durstine, PhD, FACSM, and Patricia L. Painter, PhD, FACSM, Editors
©2016 • Hardback, e-book • approx. 416 pp • ISBN 978-1-4504-3414-0
\$89.00 (\$1122.95 CDN, £65.99 UK, €100.30 EURO)

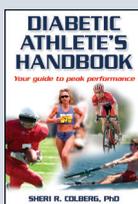


Examine the latest research linking physical activity and obesity

Addressing an array of topics that explore the links between physical activity (or inactivity) and obesity, leading scientists from various backgrounds team up to provide an unrivaled resource examining the latest research and developments in the field.

Physical Activity and Obesity, Second Edition

Claude Bouchard, PhD, and Peter T. Katzmarzyk, PhD, Editors
©2010 • Hardback, e-book • 432 pp • ISBN 978-0-7360-7635-7
\$95.00 (\$130.95 CDN, £69.99 UK, €106.40 EURO)

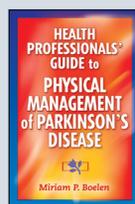


Don't let diabetes keep you from being active

Featuring over 100 sport-specific training guidelines for fitness, endurance, power, and outdoor activities, this is one resource you can't afford to be without.

Diabetic Athlete's Handbook

Sheri R. Colberg, PhD
©2009 • Paperback, e-book • 296 pp • ISBN 978-0-7360-7493-3
\$24.95 (\$33.95 CDN, £18.99 UK, €28.90 EURO)

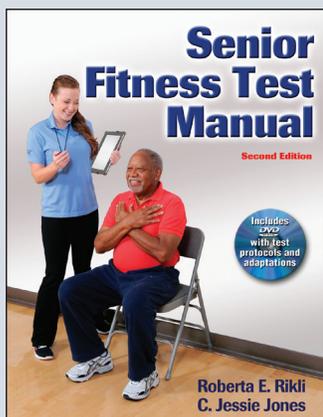


Delay the worsening of Parkinson's disease symptoms with physical activity

Written for clinicians, this text expertly distills and blends diverse research-based sources with the author's own extensive clinical experience.

Health Professionals' Guide to Physical Management of Parkinson's Disease

Miriam P. Boelen, PT
©2009 • Hardback, e-book • 320 pp • ISBN 978-0-7360-7492-6
\$76.00 (\$104.95 CDN, £55.99 UK, €85.10 EURO)



Conduct functional fitness testing and evaluate physical capacity of older adults

Senior Fitness Test Software 2.0 and Manual Package Subscription offers a comprehensive method of assessing the physical attributes that older adults need in order to perform daily activities. Consisting of the *Senior Fitness Test Manual, Second Edition* (with bound-in DVD), and a one-year subscription to *Senior Fitness Test Software 2.0*, this kit is a resource for those who work with older adults to identify weaknesses that cause mobility problems, develop exercise programs that improve functional fitness, prevent future mobility issues, and evaluate progress. Students will find guidelines on creating senior fitness programs as well as exercises to recommend for improving functional fitness.

Senior Fitness Test Software 2.0 and Manual Package Subscription

Roberta E. Rikli, PhD, and C. Jessie Jones, PhD

©2013 • Paperback with DVD and 1-year subscription to web-based software • 200 pp
ISBN 978-1-4504-3203-0 • \$145.00 (\$199.95 CDN, £105.83 UK, €160.83 EURO)



ALSO AVAILABLE SEPARATELY

Senior Fitness Test Manual, Second Edition

ISBN 978-1-4504-1118-9

\$65.00 (\$89.95 CDN, £50.99 UK, €69.88 EURO)



An enhanced e-book with integrated video is also available for your tablet or mobile device.

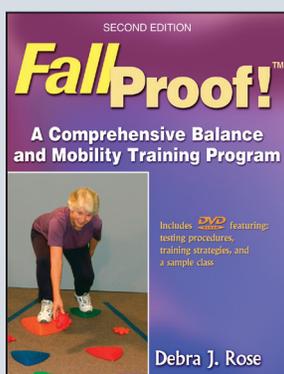
Senior Fitness Test Software 2.0 Subscription

ISBN 978-1-4504-3200-9

\$99.00 (\$136.95 CDN, £72.49 UK, €110.17 EURO)



Senior Fitness Test, Second Edition CE Course



A practical guide to balance assessment and program design for older adults

The second edition of *FallProof!* continues to be the only text to address the multiple dimensions that contribute to balance and mobility. By exploring the reasons underlying falls, you'll gain the knowledge to offer comprehensive assessment and programming. The bound-in DVD makes the information in the text applicable to real situations. It shows how to administer key screening and assessment tests, demonstrates selected exercise progressions for the major program modules, and features a sample *FallProof!* class session in action. This comprehensive manual is a must for anyone in the field developing balance and mobility programs for at-risk older adults.

FallProof! A Comprehensive Balance and Mobility Training Program, Second Edition

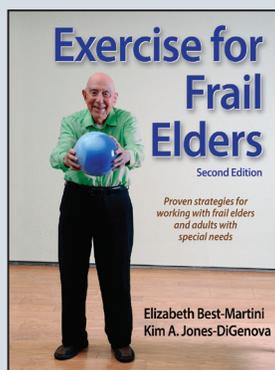
Debra J. Rose, PhD

©2010 • Hardback with DVD • 328 pp • ISBN 978-0-7360-6747-8

\$77.00 (\$105.95 CDN, £55.99 UK, €74.08 EURO)



FallProof! Designing Balance and Mobility Programs



Provide safe, effective exercises for seniors at any fitness level

This text is the most comprehensive resource that focuses on frail elders and older adults with special needs stemming from conditions including arthritis, cardiovascular disease, diabetes, hypertension, orthopedic issues, osteoporosis, Parkinson's disease,

and Alzheimer's disease. The second edition provides a broad focus on balance, a critical component of any functional fitness program, to aid in designing classes that include stability exercises. Over 150 photos illustrate how to safely perform exercises for functional fitness, including an emphasis on range of motion, strength, and aerobic endurance.

Exercise for Frail Elders, Second Edition

Elizabeth Best-Martini, MS, CTRS, and Kim A. Jones-DiGenova, MA

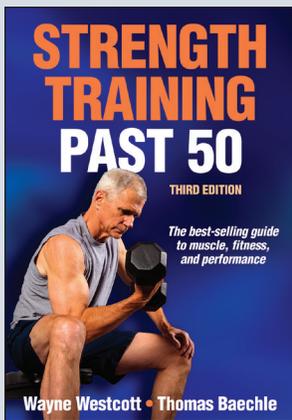
©2014 • Hardback • 336 pp • ISBN 978-1-4504-1609-2

\$65.00 (\$89.95 CDN, £47.99 UK, €72.90 EURO)



Exercise for Frail Elders, Second Edition CE Course





Take charge of health, performance, and life

Strength training offers many benefits for active adults, including enhanced athletic performance, reduced risk of disease, and decreased symptoms of arthritis, diabetes, and osteoporosis. In the third edition of this best-selling guide, you will find:

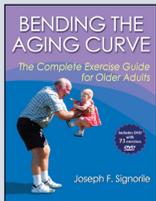
- 83 exercises for free weights, machines, bands, and balls
- 30 workouts for increasing size, endurance, and strength
- Sport-specific programs for tennis, golf, cycling, running, and more
- Eating plans and nutrition advice for adding lean muscle and losing fat

Strength Training Past 50, Third Edition, will keep readers active, healthy, and feeling great with workouts and programs designed specifically for people over 50.

Strength Training Past 50, Third Edition

Wayne L. Westcott, PhD, CSCS and Thomas R. Baechle, EdD, CSCS, *D; NSCA-CPT, *D

©2015 • Paperback, e-book • 272 pp • ISBN 978-1-4504-9791-6
\$19.95 (\$27.95 CDN, £15.99 UK, €24.30 EURO)



Slow physical declines with targeted, periodized programs

Here's a multifaceted periodized training program for older adults. You'll learn to use tests to diagnose clients' needs and prescribe training cycles with the appropriate mix of work, active recovery, and skill practice to maximize functional improvements.

Bending the Aging Curve

Joseph Signorile, PhD

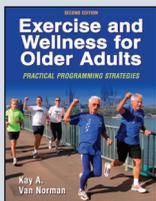
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\$54.00 (\$74.95 CDN, £38.99 UK, €53.08 EURO)



Bending the Aging Curve: A Periodized Prescription for Improved Aging



Bending the Aging Curve: A Periodized Prescription for Improved Aging Webinar CE Exam



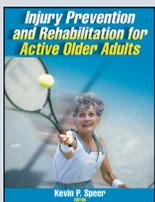
Develop programs that maximize functional ability and promote well-being

Create exercise and wellness programs for older adults, regardless of age or physical challenge. You will find the latest information on strength and power training and learn how to apply it to improve the functional abilities of older adults.

Exercise and Wellness for Older Adults: Practical Programming Strategies, Second Edition

Kay A. Van Norman

©2010 • Paperback • 176 pp • ISBN 978-0-7360-5768-4
\$48.00 (\$65.95 CDN, £35.99 UK, €54.70 EURO)



Prevent, diagnose, and treat injuries in active older adults

Explore the issues involved in working with active older adults. This reference facilitates understanding of the issues involved in preventing and treating injuries and in helping them recover and return to full activity as soon as possible.

Injury Prevention and Rehabilitation for Active Older Adults

Kevin P. Speer, MD

©2005 • Hardback • 248 pp • ISBN 978-0-7360-4031-0
\$94.00 (\$129.95 CDN, £68.99 UK, €104.90 EURO)



Help seniors build muscle and enjoy a more active lifestyle

Featuring strength training principles, protocols, adaptations, and sample program designs, *Fitness Professional's Guide to Strength Training Older Adults* has everything you need for designing and directing strength training programs for seniors.

Fitness Professional's Guide to Strength Training Older Adults, Second Edition

Thomas R. Baechle, EdD, CSCS, *D; NSCA-CPT, *D, and

Wayne L. Westcott, PhD, CSCS

©2010 • Paperback, e-book • 344 pp • ISBN 978-0-7360-7581-7
\$42.00 (\$57.95 CDN, £31.99 UK, €48.60 EURO)



The Role of Strength Training in Weight Loss



Motivate older adults using a customizable balance program

This practical guide offers over 130 balance and mobility exercises that enhance older adults' abilities to maintain balance in completing their everyday tasks. Instructors are encouraged to use activities covering all five components of the program.

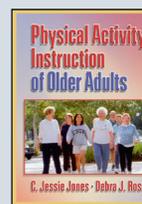
ABLE Bodies Balance Training

Sue Scott, MS

©2008 • Paperback with web resource, e-book • 464 pp
ISBN 978-0-7360-6468-2
\$59.00 (\$80.95 CDN, £43.49 UK, €66.14 EURO)



ABLE Bodies Balance Training - A Tool Box for Better Balance



Lead safe and effective exercise classes for older adults

Physical Activity Instruction of Older Adults presents the competency-based objectives that fitness instructors should know and be able to perform to lead safe and effective physical activity programs for older adults with diverse functional capabilities.

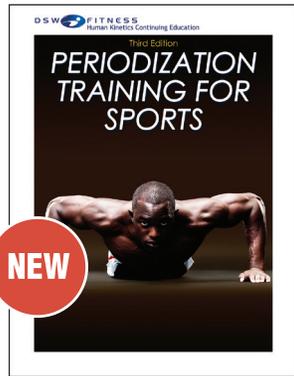
Physical Activity Instruction of Older Adults

C. Jessie Jones, PhD, and Debra J. Rose, PhD

©2005 • Hardback • 424 pp • ISBN 978-0-7360-4513-1
\$84.00 (\$115.95 CDN, £61.99 UK, €94.20 EURO)



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Help athletes gain a competitive edge

In the *Periodization Training for Sports, Third Edition* course Tudor Bompa and Carlo Buzzichelli, present advanced-level, scientifically based principles to maximize performance, minimize the risk of injury, and eliminate training plateaus. You will learn how to apply these principles to optimally train your athletes' biomotor

abilities for their respective sports. Included are ready-to-use programs and training models for more than 35 popular sports.

Based on a book by Tudor O. Bompa, PhD and Carlo Buzzichelli, AAS
 Print course with text, study guide, and exam
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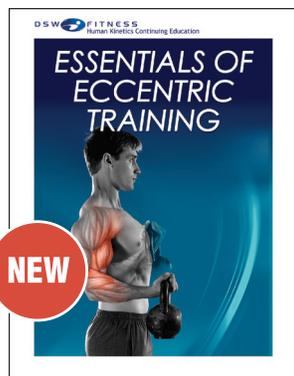
Design scientifically based resistance training programs

2.0+

Designing Resistance Training Programs, Fourth Edition provides insight into the principles of resistance training and exercise prescription and examines the various types of strength training. It covers resistance training from a physiological perspective and includes an overview of how

resistance training programs interact with the other conditioning components such as aerobic, interval, and flexibility training.

Based on a book by Steven J. Fleck, PhD, and William J. Kraemer, PhD
 Print course with text, study guide, and exam
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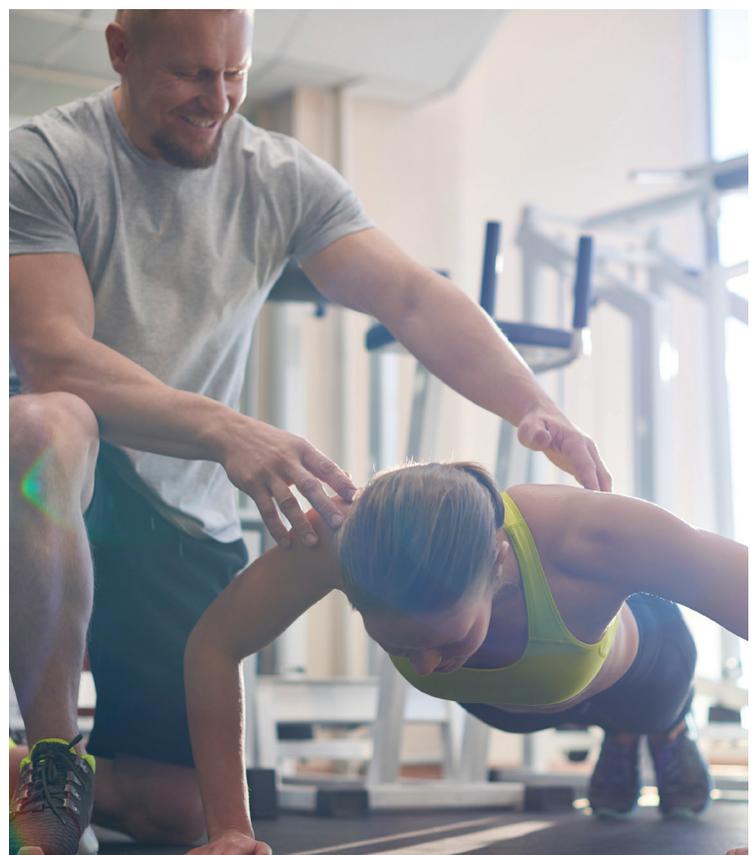


Guide your clients to new heights of fitness with eccentric training

All facets of this exciting, power-generating modality are detailed by veteran international fitness expert Len Kravitz and champion bodybuilder and personal trainer Aaron Bubbico, who use eccentric training not only with clients but also in their own exercise regimens to produce

extraordinary results. The course includes more than 40 online exercise videos, 24 sample workout plans, six case study workouts and two sample eight-week programs you can implement in your client's training plans right now!

Based on a book by Len Kravitz, PhD, and Aaron T. Bubbico, MS
 Print course with text, online video, study guide, and exam
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 ACE 1.9, ACSM 19.0, AFLCA 3.0, AFPA 8.0, canfitpro 4.0, CI 19.0, ECA 19.0, ISSA 19.0, NAFC 1.9, NETA 19.0, NFPT 1.0, NSPA 19.0, OFC 16.0, PTBC 1.9





NEW

Study for the NSCA CSCS exam with this interactive online course

NSCA's Certified Strength and Conditioning Specialist (CSCS) Enhanced Online Study/CE Course

offers a practical and efficient method of studying the content assessed on the CSCS exam. The course content reflects the weighting and scope of the CSCS exam and has over 160 interactive learning activities with varying levels of recall, application, and analysis for each primary objective. Current certified professionals who complete the course and pass the test can earn continuing education units. The course is supplemented by content from *Essentials of Strength Training and Conditioning*.

National Strength and Conditioning Association

Enhanced online course with text and exam

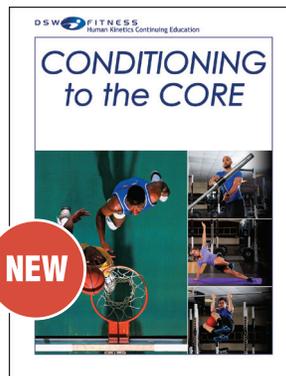
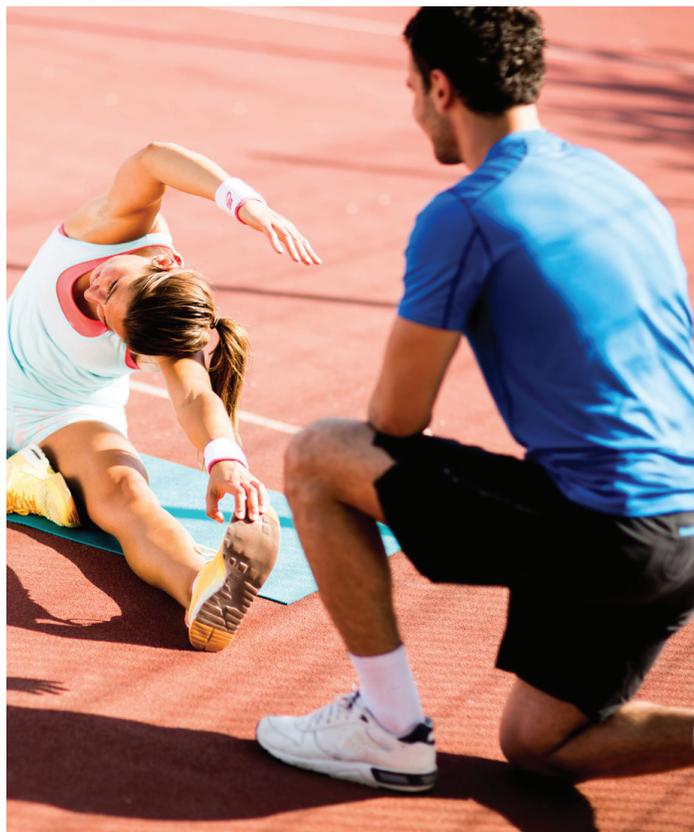
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\$249.00 (\$343.95 CDN, £180.33 UK, €274.83 EURO)

ACSM 15.0, AEA 15.0, BOC 13.0, CATA 4.0, NFPT 1.0, NSCA 1.5, NSCA*D 1.5, REPS 3



NEW

Help clients develop a high-performance, athletic torso

The *Conditioning to the Core* course covers the core's central role in originating and transferring strength and power, energy systems, strength and power foundations, movement mechanics of any sport, and how to design a comprehensive program based on athlete assessment and analysis. Detailed photo sequences and

expert instruction ensure you'll learn more than 300 of the most effective exercises for strength, stability, and power.

Based on a book by Greg Brittenham and Daniel Taylor, MS, PES, CSCS

Print course with text, study guide, and exam

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NEW

Design strength routines using the all-in-one handheld gym

This course uses the text *Kettlebell Training*, written by champion athlete and cutting-edge trainer Steve Cotter, to offer you 95 exercises for increasing strength, endurance, balance, and coordination in your clients. The concepts covered can be implemented with clients and athletes across several

sports and fitness endeavors. The exercises include step-by-step instructions, common errors and corrections, safety considerations, and training tips, making it simple to incorporate them into client programs.

Based on a book by Steve Cotter

Print course with text, online video, study guide, and exam

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Gain in-depth knowledge and skills to perform activity counseling, design programs, modify exercise, demonstrate exercise, incorporate functionally integrated exercise, prevent injuries, and perform follow-up monitoring for clients with a variety of abilities. The course includes

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Based on a book by John C. Griffin, MSc

Print course with text, study guide, and exam

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Maximize your CECs/CEUs with one course **2.0+**

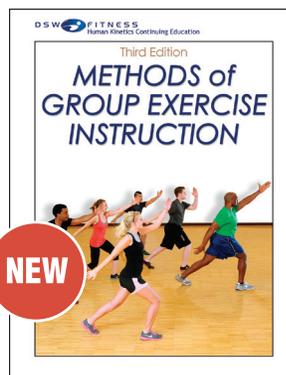
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Designing Resistance Training Programs, Fourth Edition **NEW**
Endurance Sports Nutrition **NEW**
Methods of Group Exercise Instruction, Third Edition **NEW**
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Learn to teach various formats of group exercise classes

Rather than simply providing routines, this course helps you develop the core skills you need to create routines, use proper cueing, and adapt your teaching to new modalities. The teaching techniques include appropriate training for each muscle group, warm-up, cardiorespiratory training, muscular

conditioning, neuromotor training, and flexibility. Starter routines, modification strategies, and instructor assessment criteria are presented for seven class formats: kickboxing, step training, stationary indoor cycling, sport conditioning and boot camp, water exercise, yoga, and mat-based Pilates.

Based on a book by Carol Kennedy-Armbruster, PhD, and Mary M. Yoke, MA, MM

Print course with text, online video, study guide, and exam

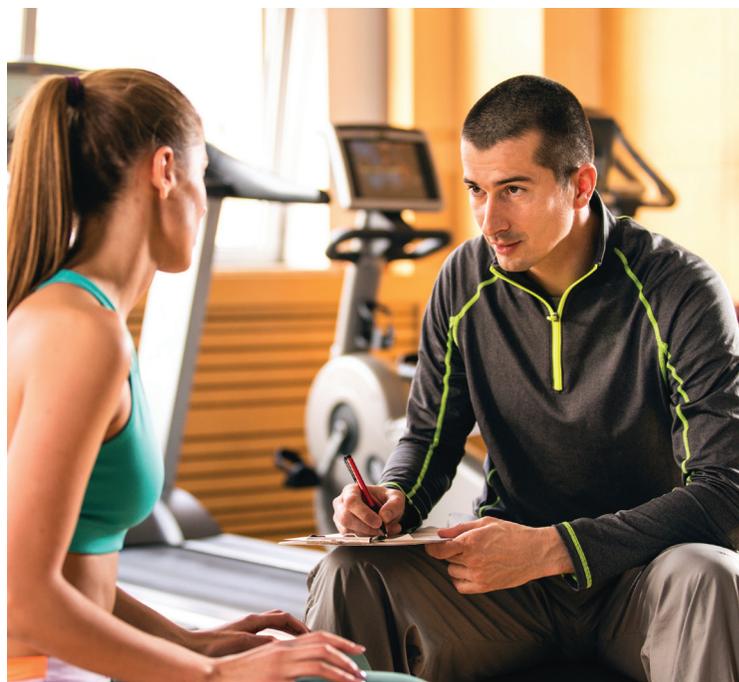
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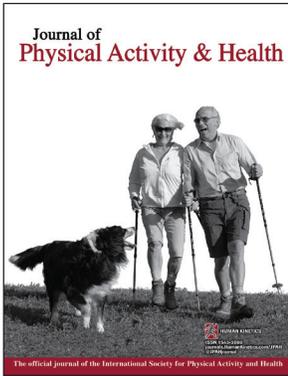
ACE 2.0, ACSM 20.0, AFAA 15.0, CI 20.0, ECA 20.0, ISSA 20.0, NASM 1.9, NASN 2.0, NETA 20.0, NFPT 1.0, NSPA 20.0, PTBC 2.0



Human Kinetics-DSWFitness courses are approved for continuing education credits/units by numerous certifying organizations. Below is a list of just a few of the certification providers with whom we are pleased to work.

- Aerobics and Fitness Association of America
- American College of Sports Medicine
- American Council on Exercise
- American Fitness Professionals & Associates
- American Senior Fitness Association
- Aquatic Exercise Association
- Board of Certification for the Athletic Trainer
- British Columbia Recreation and Parks Association
- Canadian Fitness Professionals (canfitpro)
- Cooper Institute
- International Sports Sciences Association
- National Academy of Sports Medicine
- National Association of Sports Nutrition
- National Commission for Health Education Credentialing
- National Council for Certified Personal Trainers
- National Council on Strength and Fitness
- National Endurance & Sports Trainers Association
- National Exercise Trainers Association
- National Federation of Professional Trainers
- National Strength and Conditioning Association
- Register of Exercise Professionals
- USA Triathlon

Human Kinetics Journals



Current research on the relationship between physical activity and health

Journal of Physical Activity & Health (JPAH) publishes original research and review papers examining the relationship between physical activity and all aspects of health, studying physical activity as an exposure as well as an outcome. *JPAH* also invites papers that examine behavioral,

community, and environmental interventions that may affect physical activity on an individual and population basis.

Editor: Loretta DiPietro, PhD

Frequency: Monthly

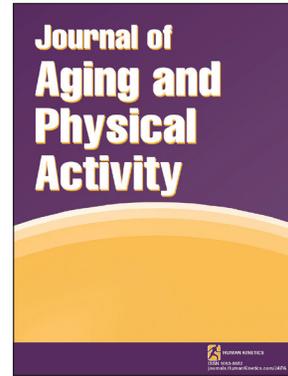
Current volume: 13 (2016)

Print format ISSN: 1543-3080, **ISBN:** 978-0-7360-5133-0

Online format ISSN: 1543-5476, **ISBN:** 978-0-7360-5134-7

Print and online format ISBN: 978-0-7360-5135-4

Website: journals.HumanKinetics.com/JPAH



Authoritative content covering older adult physical activity

Journal of Aging and Physical Activity (JAPA) focuses on the aging process and the role of physical activity in promoting health and preventing or delaying the onset of disability. It publishes original research articles, scholarly reviews of literature, and professional application articles

from contributing authors throughout the world who explore the aging process from psychological, physiological, and sociological perspectives, providing readers with a broader understanding of the multidimensional factors influencing the aging process.

Editor: Diane E. Whaley, PhD

Frequency: Quarterly (January, April, July, October)

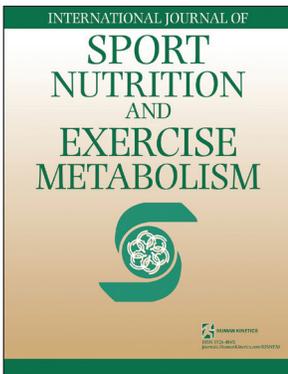
Current volume: 24 (2016)

Print format ISSN: 1063-8652, **ISBN:** 978-0-7360-1038-2

Online format ISSN: 1543-267X, **ISBN:** 978-0-7360-5212-2

Print and online format ISBN: 978-0-7360-5214-6

Website: journals.HumanKinetics.com/JAPA



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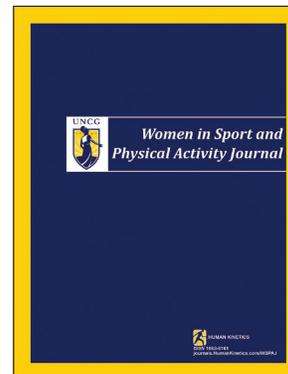
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