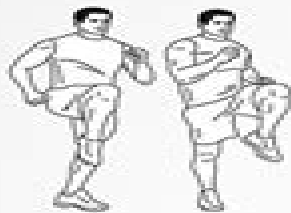


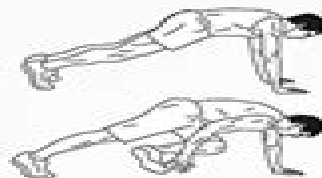
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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



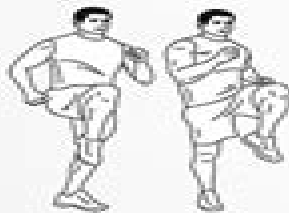
30 high knees



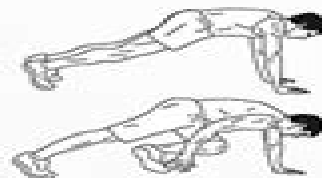
10 climber taps



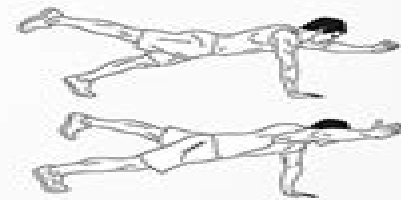
4 plank walk-outs



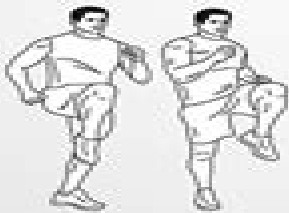
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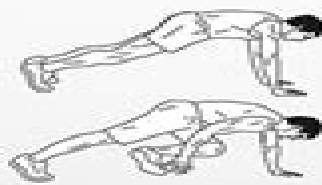
10 climber taps



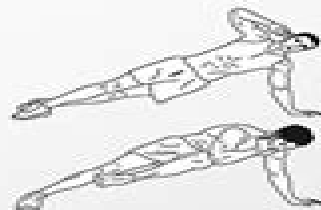
4 alt arm/ leg raises



30 high knees



10 climber taps



4 side plank crunches

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**R. N. V. Jagan Mohan, B. H. V. S. Rama
Krishnam Raju, V. Chandra Sekhar, T. V.
K. P. Prasad**

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The Complete Guide to Core Stability Matt Lawrence, 2013-05-30 The Complete Guide series is designed for the fitness professional coach and student packed with ready made training programmes tips and strategies A new edition of the definitive core stability training handbook for fitness leaders and other fitness professionals and enthusiasts in an all you need to know format Core Stability is a relatively new concept concentrating on core abdominal muscle strength to improve posture strength and performance This book looks at what core stability is the muscles that are involved and the benefits to improving your core stability Packed with exercises it also deals with specific exercises for different sports and covers the use of equipment from medicine balls to core boards This new edition includes colour photography new exercises and training programmes tailored to different sports Over 3865 copies of first edition sold since 2004

The Total Fitness Manual Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover , **Apple Watch**

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Resources in Education ,1996-05 **Manual Training Magazine** Charles Alpheus Bennett,William Thomas Bawden,1920 **FEDLINK Technical Notes** ,1999 **NASM Essentials of Personal Fitness Training** ,2008 Developed by the National Academy of Sports Medicine NASM this book is designed to help people prepare for the NASM Certified Personal Trainer CPT Certification exam or learn the basic principles of personal training using NASM s Optimum Performance Training OPT model The OPT model presents NASM s protocols for building stabilization strength and power More than 600 full color illustrations and photographs demonstrate concepts and techniques Exercise color coding maps each exercise movement to a specific phase on the OPT model Exercise boxes demonstrate core exercises and detail the necessary preparation and movement Other features include research notes memory joggers safety tips and review questions

Monthly Catalog of United States Government Publications ,1983 Monthly Catalogue, United States Public Documents ,1990 **The Complete Core MCSE Training Course** Tom Dell,Daniel J. Goldberg,1999 A complete training course that uses the Core MSCE as its source This product will include core concepts from the text audio annotated objectives summary assessment self review 2 practice exams video demonstration of administration tasks reference tools syntax glossary tables etc

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