



Tricord Total Body Workout Kit Manual

Alicia Labert



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and effective exercise technique Two or more full color photos of each resistance training exercise that distinctly show correct technique Online video clips for each resistance training exercise that demonstrate proper technique in action and highlight common errors Exercise Technique Manual for Resistance Training Fourth Edition With HKPropel Online Video is organized by body region with parts I through IV covering total body lower body upper body and anatomical core exercises Part V highlights exercises using alternative modes and nontraditional implements Every chapter contains a table that describes each exercise s concentric action predominant muscle groups and muscles involved enabling readers to understand the impact of the exercises on each body region To reinforce fundamental techniques the text includes guidelines related to general safety tips for breathing and spotting preparatory body position and weight belt recommendations Exercises are explained through sequential instructions and photos to ensure that readers will learn the safest and most effective technique Accompanying checklists identify the correct grip stance body position and range of motion for each exercise Online videos demonstrate proper technique as well as common errors so that users can recognize incorrect techniques and make appropriate adjustments With 100 resistance training exercises and online video demonstrations Exercise Technique Manual for Resistance Training is the most authoritative and current resource in teaching safe and effective resistance exercise technique Note A code for accessing online videos is not included with this ebook but may be purchased separately Earn continuing education credits units A continuing education course and exam that uses this book is also available It may be purchased separately or as part of a package that includes all the course materials and exam

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