



# Body Slide Workout

**Liz Neporent, Suzanne Schlosberg**

A red circular graphic with a gradient, appearing as a semi-circle on the right side of the slide, partially overlapping the grey bar.

## **Body Slide Workout:**

*Core Strength Workout* Karon Karter, 2004 Transform your body with the exercises dancers gymnasts and Olympic athletes count on to stay strong slim and sexy With The Core Strength Workout as your guide you ll target the critical torso muscles that make the difference between fat and fabulous You ll walk taller sleeker and leaner within weeks Book jacket

**Home Workout** DK, 2009-12-21 Forget gyms expensive kit and hours of punishing fitness regimes choose from a range of 15 minute pilates yoga and abs workouts back exercises and strength training programmes and get your body in top shape with Home Workout Clear at a glance photos show you exactly what to do and the live action 60 minute DVD demonstrates a choice of workouts to suit your fitness needs and mood A total fitness package exercising at home has never been easier or quicker

*Methods of Group Exercise Instruction-3rd Edition* Carol Kennedy-Armbruster, Mary Yoke , 2014-02-12 Based on industry standards and guidelines this text highlights a variety of group exercise formats through training principles

correction and progression techniques and safety to enhance the skills of group exercise leaders **Methods of Group Exercise Instruction** Carol K. Armbruster, Mary M. Yoke, 2014-01-30 Formats modalities and trends in group exercise are constantly evolving *Methods of Group Exercise Instruction Third Edition With Online Video* explores the most common group exercise modalities enhancing readers marketability by giving them the skills to lead dynamic safe and effective classes This text highlights the commonalities of a variety of group exercise formats through training principles correction and progression techniques and safety tips to enhance the skills of both group exercise leaders and program directors *Methods of Group Exercise Instruction Third Edition* moves from theory to practice in a logical progression Rather than simply providing routines this book helps instructors develop the core skills needed for creating routines use proper cueing and adapt their teaching to new modalities Teaching techniques convey appropriate training for each muscle group and methods for warm up cardiorespiratory training muscular conditioning neuromotor training and flexibility In addition 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 The text also touches on alternative modalities including dance based classes fusion and mind body training Thoroughly revised and reorganized based on industry standards the third edition of *Methods of Group Exercise Instruction* offers expanded content to help readers become better instructors Updates to the third edition include the following Online video totaling over 100 minutes demonstrates key content in the text New chapters cover social aspects of group exercise coaching based instructional models and neuromotor and functional training Callout boxes highlight important topics research findings technique and safety checks and practice drills which facilitate quick learning Short assignments at the close of each chapter encourage readers to look beyond the text to gain practical experience Evaluation forms and evaluation key points allow instructors to gauge their teaching success and adapt the key criteria of a successful class to each exercise modality The three part

structure of this book is retained from the previous edition but the content is reorganized to better reflect industry standards and guidelines Part I provides a general overview of group exercise the evolution and advantages of group exercise the strategies for creating group cohesion in a class the core concepts in class design and the use of music choreography and cueing methods in designing and leading a class Part II offers guidelines for leading the four major segments of a group exercise class warm up cardiorespiratory training muscular conditioning and exibility training and includes a new chapter on neuromotor and functional training These basic concepts pertain to all modalities covered in part III which focuses on practical teaching skills Basic moves choreography and training systems are covered for each type of class Sample routines and class formats for each modality offer a confident starting point for novice instructors and fresh material for veterans The final chapter discusses customized or hybrid classes such as lifestyle physical activity based classes equipment based cardio classes and mind and body classes When used as a course text *Methods of Group Exercise Instruction Third Edition* includes instructor ancillaries which offer suggestions for effective use of the book and online video lesson plan outlines a sample week by week syllabus lab activities and test questions The third edition also features a newly added image bank containing all the figures and photos from the text to use in presentations

#### **The Women's Health Big Book of 15-Minute**

**Workouts** Selene Yeager, Editors of Women's Health Maga, 2011-10-25 Time is every woman's most precious commodity and a lack of it is the number one reason in survey after survey that women give for why they don't exercise But research now shows that as little as 15 minutes of resistance training is just as effective in spiking one's metabolism as a workout lasting more than twice as long All it takes is 15 minutes to achieve lifelong results and women are more likely to stick to an exercise plan if it's chopped down to those 15 minutes The Women's Health Big Book of 15 Minute Workouts is both an introduction to the fundamentals of short workouts and a comprehensive collection of hundreds of the most effective ones These workouts have been designed for every fitness goal from total body conditioning to targeting trouble spots with exercises like the 15 Minute Flat Belly without a Single Crunch Workout Other highlights include an eating plan with delicious meals that take 15 minutes or less to prepare workouts for when you're stuck in traffic or traveling and can't make it to the gym hundreds of tips from America's best trainers nutritionists and exercise scientists

#### **Fitness Aerobics** Lynne G. Brick, 1996

No matter what your fitness level goal or experience is *Fitness Aerobics* will help you get the results you want This easy to use manual takes the guesswork out of aerobic exercise in its many different forms chair low impact high low impact interval step and slide It shows you how to create an effective yet fun aerobics program and add variety to your workouts Author Lynne Brick internationally acclaimed fitness expert and IDEA's 1990 Fitness Instructor of the Year starts by helping you get prepared from selecting the proper equipment to executing the basic moves She then provides 42 color coded progressive aerobic workouts that you can combine to create a training program that matches your fitness level and personal goals Part I lays the groundwork for getting the most out of aerobic exercise You'll learn how to enjoy the benefits of a regular aerobic program

weight loss increased strength and endurance flexibility select the right shoes clothing equipment and music for your workouts and budget assess your current fitness level identify aerobics terms and use the proper exercise techniques and warm up and cool down properly for specific workouts Part II is the core of the book It features 42 progressive aerobic workouts that vary in intensity and training focus The workouts are distributed across six color coded zones according to their levels of difficulty green workouts are the easiest red workouts are the most challenging and advanced Within each zone you ll find a variety of workout types including chair low impact high low impact step interval and slide The book provides detailed descriptions of everything you need to complete each workout Type of workout Duration Upper and lower body movements listed to counts of the music Recommended music speed and style Estimated effort or intensity Suggested warm up and cool down activity Helpful tips and comments Part III shows how workouts can be organized into a structured program including guidelines for choosing the right workouts and for training in general Participants can use the book s sample workouts or create their own programs using a combination of workouts from part II In addition the book provides information on how to work toward fitness goals and chart your training progress A special glossary illustrates how to perform 50 aerobics moves No matter what your fitness level or goals the workouts in Fitness Aerobics will help you look and feel great

**Red Book** ,1994-05 The magazine for young adults varies Marty Liquori's Home Gym Workout Marty Liquori,Gerald Secor Couzens,1986

*The Wharton's Complete Book of Fitness* Jim Wharton,2003

**Shape** ,1996

**Video Source Book** ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction

*A Wellness Way of Life* Gwen Robbins,Debbie Powers,Sharon Burgess,2004 **Fitness Through Aerobics** Jan Galen Bishop,2002

Fitness Through Aerobics uses unique tools and strategies to put vital health and fitness information directly into the hands of students Using the most up to date fitness and wellness information on aerobic dance exercise the 5th edition reflects current trends in group fitness by adding information and photographs for resistance exercises using weights It also includes a discussion of other group fitness activities such as group cycling and stair stepping A list of Websites and new worksheets such as BMI make it even easier for instructors and students to access and apply information *New Woman* ,1995

**Business Review** ,1994-07 *The Video Source Book* David J. WEINER,1990 Weight Training For Dummies Liz Neporent,Suzanne Schlosberg,1997-05-29

Weight training isn t just for muscleheads like Arnold Schwarzenegger any more Now health experts are telling us that lifting weights strengthens your bones boosts your energy and helps you lose fat Weight Training For Dummies helps you design a program that s right for you with information you not only can trust but also understand Health and fitness experts Liz Neporent and Suzanne Schlosberg talk you through whatever misconceptions you may have about weight training and show you how to set goals and achieve them They lay out basic principles of weight training for you so that you can make sense of unfamiliar equipment at a gym or get the workout

you want at home Even if you already lift weights as part of your regular fitness routine Weight Training For Dummies will inspire you to try new and different things with suggestions for improving your current exercises Unlike other weight training books you may have seen Weight Training For Dummies also offers tips specially tailored for kids seniors moms to be and anyone who d just like to lose some weight **U.S. News & World Report** ,1993 *The World Review* Herbert Askwith,Michael Vincent O'Shea,1926 **Intensive Abs Training** Nina Winkler,2006

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