

The Complete Guide To Circuit Training - , Richard (bob) Hope

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The Complete Guide to Circuit Training is the second edition of the definitive guide to planning and teaching a circuit class. It is the established reference title on the subject for all group exercise instructors, from trainees to the vastly experienced. Circuit training is one of the original forms of group exercise and is still the most popular. From fitness club classes, through sport-specific routines to the use in medical rehabilitation it has a very wide appeal. This new edition has been completely updated to take full account of developments in the area and is now supported with detailed photography. The book comprises four parts: circuit training and its role in fitness planning and teaching session structure working with specific groups. Written by two of the leading authorities on the subject, it is sure to continue as a must-have for all fitness professionals. Formerly published as Fitness Professionals: Circuit Training, 2nd edition and now rebranded and in full colour in the Complete Guide series. Author: Lawrence, Debbie Author: Hope, Richard (Bob) Publisher: A&C Black Illustration: N Language: ENG Title: The Complete Guide to Circuit Training Pages: 00000 (Encrypted PDF) On Sale: 2011-11-21 SKU-13/ISBN: 9781408156353 Category: Sports & Recreation : Coaching - General

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