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Patrick Vollmar



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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 **Soft Aerobics** Nancy Burstein, 1987

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