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Wellness And Fitness Exercise Manual

Tuesday, April 28, 2009

**Charles Atlas, "Ten Steps to a Better Body: An Introduction to Fitness"**  
Chamberlain Bros. | 2005-07-05 | ISBN: 1596090405 | 64 pages | PDF | 3,6 MB

The original bodybuilding classic is here to stay!

For more than seventy five years, Charles Atlas®-twice named "The World's Most Perfectly Developed Man"-has helped thousands of 97-pound weaklings bulk up, build muscle, and stop bullies from kicking sand in their faces. Without the use of expensive supplements or equipment, this book utilizes Atlas's groundbreaking theory of "Dynamic- Tension®," which can be used at home or in the office, by anyone. Also stressed is a balanced nutritional approach, contradicting the modern health fads and fashionable diets that come and go.

Strongly endorsed by fitness luminaries like Arnold Schwarzenegger and Jake Steinfield (Body by Jake), after half a century Charles Atlas® is still the original master of the body makeover.

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التسميات: Ten Steps to a Better Body: An Introduction to Fitness

**Alpha Male the Path to Hardcore Natura Bodybuilding: The Path to Hardcore Natura  
Bodybuilding : Go Heavy or Go Home**

William Delucia | Date: April 2001 | Pages:100 | Language English | ISBN: 0970960107 | PDF | 4,5 MB

When something becomes too commercialized, as bodybuilding has, it loses some of its purity. The bodybuilding magazine and sports nutrition industry is a multi-billion dollar a year runaway freight train. For years, the bodybuilding magazines have instructed people how to train, what supplements to take, and given guidelines on creating a professional bodybuilder style body which in reality is unobtainable through natural means. With the growth of the internet, a growing counter-culture of natural bodybuilding (one without the aid of performance enhancing drugs) has grown steadily with the emergence of websites, discussion groups, and online magazines echoing the anthem of "Go Heavy or Go Home". These lifters take pride in their gains produced through blood, sweat, and tears. Advancements made without the hype of supplements and magazines. In today's age, people want truth not hype.

Alpha Male delivers on all this and more:

Uncover the truths of supplements and how effective they really are.

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The Ultimate New York Body Plan [eBook]

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Learn how the bodybuilding corporate machine works to keep you an eternal customer.

Find the source of your own motivation and how to become the Alpha Male.

Discover how to pack on muscle naturally and devise your own Hardcore Natural workout. Discover how to eat for power without the use of supplements. Get the list of the top Hardcore Natural websites on the internet.

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التسميات: [Alpha Male the Path to Hardcore Natura Bodybuilding: The Path to Hardcore Natura Bodybuilding : Go Heavy or Go Home](#)



Bodybuilding, Drugs and Risk (Health, Risk & Society)

Publisher: Routledge | ISBN: 041522683X | edition 2000 | PDF | 232 pages | 1,12 mb

Current popular interest in bodies, fitness, sport and active lifestyles, has made bodybuilding more visible and acceptable within mainstream society than ever before. However, the association between bodybuilding, drugs and risk has contributed to a negative image of an activity which many people find puzzling.

Using data obtained from participant observation and interviews, this book explores bodybuilding subculture from the perspective of the bodybuilder. It looks at:

\* How bodybuilders try to maintain competent social identities

\* How they manage the risks of using steroids and other physique-enhancing drugs

\* How they understand the alleged steroid-violence link

\* How they 'see' the muscular body.

Through systematic exploration it becomes apparent that previous attempts to explain bodybuilding in terms of 'masculinity-in-crisis' or gender insecurity are open to question. Different and valuable insights into what sustains and legitimizes potentially dangerous drug-taking activities are provided by this detailed picture of a huge underground subculture.

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التسميات: [Bodybuilding, Drugs and Risk \(Health, Risk, Society\)](#)



**Chris Aceto "Championship Bodybuilding: Chris Aceto's Instruction Book For Bodybuilding"**

Publisher: Nutramedia - 2001 | 288 Pages | ISBN: 0966916808 | PDF | 3.65 MB

This is a comprehensive, easy to understand, guide for the man or woman who wants to build a great body or for the competition type bodybuilder. The author divides the training section into 3 parts; training for the novice or very beginner, training for the intermediate or more experienced trainee and training for the advanced bodybuilder. Within each training section, Aceto covers training schedules, repetition ranges for building muscle strength, size and endurance, set selection, and exercise prescription. Each exercise is described with a 3 dimensional drawing allowing the reader to grasp the range of motion that best fits each exercise. He also covers muscle physiology, the comparison between 2b fibers and 2a muscle fibers and the importance of developing specific training methods to maximize your gains. The delicate issue of aerobics is also covered with exact guidelines for the pre-contest bodybuilder as well as the trainee simply trying to lose some body fat. Specifically, Aceto calls aerobics, "One of the biggest myths in body fat control. Getting lean is about building your metabolic rate by building lean body mass and manipulating your nutrition plan. For most, aerobics is a way to short circuit progress, not enhance it." The nutrition section sets down exact formulas to find precise amounts of calories, carbs, protein and fat one needs to build up or lean down-whatever his or her goal. The latest supplement are also covered from creatine to glutamine and contest bodybuilders will appreciate the sodium and carbo loading techniques. Championship Bodybuilding is all about instruction. A thorough plan that will help you transform your physique!

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التسميات: [Championship Bodybuilding](#)



**Anderson Bob, «Stretching»**

Shelter Publications | ISBN: 0936070226 | 2001 | djvu | 223 pages | 2.91Mb

When Bob Anderson first published Stretching in 1980, the fitness movement was new to most Americans. The term aerobics had just been coined in 1968, and few people outside bodybuilding circles had heard of Arnold Schwarzenegger yet.

Now, fitness is such old hat that it's even had a backlash or two. Lots of the original ideas have been called into question, including the preeminence of aerobic exercise. But flexibility is bigger than ever; Pilates and yoga are two of the fastest-growing fitness programs in the U.S. in the early 2000s. The type of stretching Anderson recommends--called "static," meaning you sit in one place and hold the stretch for a specified amount of time--isn't exactly trendy, but it remains the most accessible way for entry-level exercisers to improve their flexibility. (Or, perhaps more important, to keep from losing whatever flexibility they have as they get older.)

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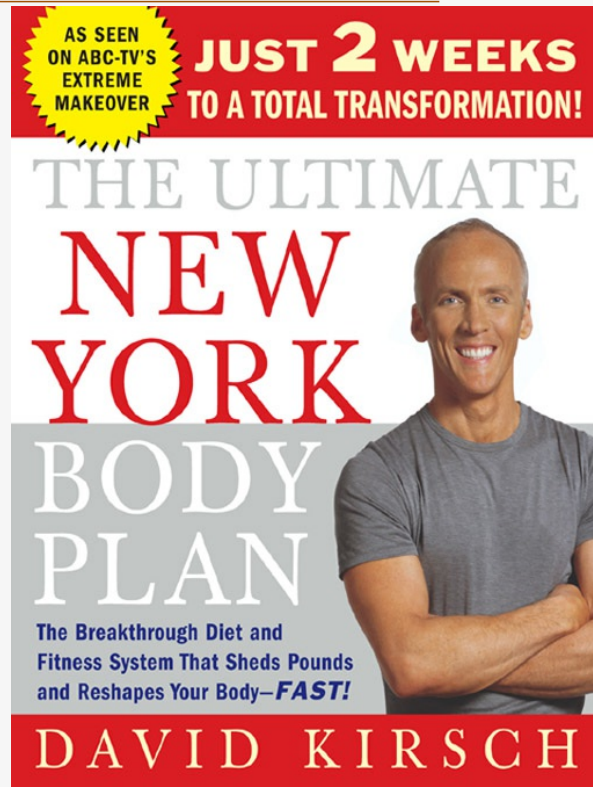
التسميات: [Stretching](#)

Wellness And Fitness Exercise Manual  
Author(s): Robert J. Karwasky  
Publisher: County of Los Angeles Fire Department  
Year: 2002  
Language: English  
File type: PDF  
Pages: 62  
Size: 2.35 MB

This safe exercise guide designed for firefighters is a must have guide for anyone who wants to have a better body. Each exercise is explained in clear manner with pictures.

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التسميات: Wellness And Fitness Exercise Manual



ISBN: 0071459839  
ISBN-13: 9780071459839  
Publisher: McGraw-Hill  
Language: English  
Subject(s): Health & Fitness  
Nonfiction

Description:

David Kirsch, personal trainer and a fitness guru of the TV show "Extreme Makeover," has whipped into shape some of the most famous bodies in America. Supermodels Heidi Klum and Linda Evangelista, as well as celebrities such as Liv Tyler, have turned to David Kirsch for his foolproof training regimen when they needed to get to their level of optimum fitness--fast. Now in The Ultimate New York Body Plan, Kirsch shows you how to burn fat and get fit in only two weeks--just in time for that class reunion or anniversary cruise.

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