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## The Bikini Body 28-Day Healthy Eating & Lifestyle Guide

### 200 Recipes, Weekly Menus, 4-Week Workout Plan

*Pan Macmillan* The body transformation phenomenon and #1 Instagram sensation's first healthy eating and lifestyle book! Millions of women follow Kayla Itsines and her Bikini Body Guide 28-minute workouts: energetic, kinetic, high-intensity interval training sessions that help women achieve healthy, strong bodies. Fans not only follow Kayla on Instagram, they pack stadiums for workout sessions with her, they've made her Sweat with Kayla app hit the top of the Apple App Store's health and fitness charts, and they post amazing before and after progress shots. The Bikini Body 28-Day Healthy Eating & Lifestyle Guide features: - 200 recipes such as fresh fruit breakfast platters, smoothie bowls, and salads - A 4-week workout plan which includes Kayla's signature 28-minute workouts - Full-colour food shots and photos featuring Kayla throughout

## The Garage Gym Athlete

### The Practical Guide to Training Like a Pro, Unleashing Fitness Freedom, and Living the Simple Life

Let's get down to business. This book is called **Garage Gym Athlete: The Practical Guide to Training like a Pro, Unleashing Fitness Freedom, and Living the Simple Life**, and it's exactly what it says on the tin. Instead of giving you DIY fantasies, I'm bringing DIY realities to the table. Want to save a bundle of money and still have a real reason to sell tickets to the gun show? This is your guide.

## Overcoming Gravity

### A Systematic Approach to Gymnastics and Bodyweight Strength (Second Edition)

## Strength Training for Fat Loss

*Human Kinetics* As an innovator in the field of human performance and training, Nick Tumminello now gives everyone access to his elite training program with **Strength Training for Fat Loss**. Offering a scientifically based plan for melting fat, Tumminello provides over 150 exercises and nearly 30 ready-to-use workouts to help readers begin transforming their bodies.

## Body for Life

### 12 Weeks to Mental and Physical Strength

*HarperCollins UK* **NB: UK/EIRE RIGHTS ONLY** The fitness no. 1 bestseller **Body for Life** is a twelve week programme that promises to **Change Your Mind, Change Your Body, Change Your Life**. Bill Phillips' exercise and nutrition plan has been proven to produce dramatic results for tens of thousands of people, whatever their state of fitness. The programme comprises weight training, aerobic exercise, a careful diet and in addition it addresses the reader's own personal goals and encourages personal transformation mentally not just physically. The tone of the author is that of a personal trainer and motivation coach in book form. The **Body for Life Programme** reveals:\*how to lose fat and increase your strength by exercising less, not more\*how to tap into an endless source of energy with his 'Power Mindset'\*how to trade hours of aerobics for minutes of weight training - with dramatic results\*how to feed your muscles and starve your fat with his eating plan\*how resistance training can significantly increase your metabolic rate allowing you to burn fat and change the shape of your body The principles behind the programme are simple yet powerful and they can work for you in as little as 12 weeks, transforming not only your body, but the way you live your life.

## The Longevity of Athletes

*Charles C. Thomas Publisher*

## Thinner Leaner Stronger

### The Simple Science of Building the Ultimate Female Body

*Oculus Publishers* **The International Bestselling Fitness Book for Women** Is this a workout book that can give you a lean and toned "Hollywood babe body" in 30 days flat? No. Is it a bodybuilding book full of dubious diet and exercise "hacks" and "shortcuts" for gaining lean muscle and melting belly fat faster than a sneeze in a cyclone? Absolutely not. But is it an exercise book (and nutrition book) that'll show you exactly how to eat and exercise to lose up to 35 pounds of fat (or more) and gain eye-catching amounts of muscle

definition and strength? Yes. And faster than you probably think possible, or your money back. Because here's the deal: Muscle building and fat loss aren't nearly as complicated as you've been led to believe. You don't need to: Obsess over "clean eating" and avoiding "bad" or "unhealthy" foods like sugar, meat, and bread. Some foods are just more nutritious than and should be eaten more frequently than others. That's it. You don't need to: Constantly change up your fitness routine. A little of the right variability in your exercise is productive, but more than that is obstructive. You don't need to: Spend a couple of hours in the gym every day grinding through punishing strength training workouts. Sweating buckets, getting really sore, training until bone-tired . . . all wholly overrated for gaining lean muscle and strength. You don't need to: Slog away on the treadmill. In fact, you don't need to do any cardio exercise at all to shed ugly belly, hip, and thigh fat and even build your best body ever. You don't need to: Waste coin on sketchy fitness supplements like fat burners, amino acids, and greens powders. Most of these products either haven't been scientifically proven to do what you're paying for or have been proven outright ineffective. Those are just a few of the harmful lies and myths that keep gals from ever achieving the lean, toned, and strong body they truly desire. And *Thinner Leaner Stronger* will teach you something that most women will never know: How to transform your body while eating all of the foods you like and doing just a few challenging (but not grueling) resistance training workouts per week. Oh and cardio? Completely optional. Here are just a few of the things you'll discover inside this fitness book for women: The 10 biggest fitness myths and mistakes that keep women weak, overweight, and confused. For example, "calories are all that matters," "carbs and sugars make you fat and unhealthy," and "strength training makes women bulky." The primary driver of muscle growth that literally forces your muscles to get fitter and stronger. And no, it has nothing to do with "muscle confusion," "functional training," or any other pseudoscientific fitness nonsense. How to create meal plans for losing fat and building muscle with all of the foods you love so you never feel starved, deprived, or like you're "on a diet" (and especially a "bodybuilding diet"). 12 months of done-for-you, paint-by-numbers strength training workouts for getting lean, sexy curves and muscle definition in all of the right places on your body . . . in only 3-to-5 hours of resistance training per week. A no-BS guide to fitness supplements that'll save you hundreds if not thousands of dollars on useless (and sometimes even dangerous) pills, powders, and potions for fat loss, muscle gain, and the rest of it. And that's not all, either . . . 367 peer-reviewed scientific studies support the *Thinner Leaner Stronger* system of eating, exercising, and recovering for losing fat and gaining lean muscle and strength. *Thinner Leaner Stronger* has sold over 400,000 copies in 13 different languages and is regularly revised based on the latest findings in nutrition and exercise scientific research (four editions released and counting!). It's also backed by a "No Return Necessary" money-back guarantee that works like this: if you're unsatisfied with this workout book for women or the program for any reason, let the author know, and you'll get a full refund on the spot. So, imagine . . . just 12 weeks from now . . . looking at the changes in your physique and thinking, "I did that. That's awesome. I'm awesome." And believing it. The bottom line is you can get that beautiful "beach-ready" body without following a bland, boring, bodybuilding diet and without doing exhausting strength training workouts you hate. And this exercise book shows you how. Get your copy now, and start your journey to a fitter, leaner, and stronger you.

## HWPO

### Hard Work Pays Off

*Rodale Books* **NATIONAL BESTSELLER** • Transform your body and mind with the definitive guide to building peak strength, endurance, and speed, from the five-time CrossFit Games champion and Fittest Man on Earth No matter your level of fitness, no matter if you've never attempted CrossFit before, this book is your total training manual. Mat Fraser is undisputedly the fittest man in CrossFit history for winning the CrossFit Games an unprecedented five times. A student of engineering, Fraser optimized his body like a machine, and his absolute dedication to the training program he designed for himself is now legendary. For years, every single decision he made was weighed against the question: "Will this help me win?" If the answer was no, he didn't do it. If it would give him even the slightest edge or advantage, he would—no matter the cost. Fraser became a master of identifying his weaknesses and then seeking out training methods to improve them, and he's idolized in the fitness community for his relentless pursuit of peak performance. It's not hard to see why he achieved so much success—but how is a different question. Throughout his career, Fraser has been highly guarded about his specific training techniques (after all, sharing them would not help him win the CrossFit Games). But with his recent retirement from competition, Fraser is finally ready to open up about his path to the podium. *HWPO* reveals the workouts, training hacks, eating plans, and mental strategies that have helped make him a champion. It's an incredible resource of elite training strategies, illustrated workouts, and motivational stories, and it's a glimpse into the mind of one of the world's greatest athletes.

### Training and Racing with a Power Meter, 2nd Ed.

*VeloPress* Hunter Allen and Andy Coggan, PhD have completely revised the book that made power meters understandable for amateur and professional cyclists and triathletes. Power meters have become essential tools for competitive cyclists and triathletes. No training tool can unlock as much speed and endurance as a power meter—for those who understand how to interpret their data. A power meter displays and records exactly how much energy a cyclist expends, which lends unprecedented insight into that rider's abilities and fitness. With the proper baseline data, a cyclist can use a power meter to determine race strategy, pacing, and tactics. *Training and Racing with a Power Meter* makes it possible to exploit the incredible usefulness of the power meter by explaining how to profile strengths and weaknesses, measure fitness and fatigue, optimize workouts, time race readiness, and race using power. This new edition: Enables athletes to predict future performance and time peak form Introduces fatigue profiling, a new testing method to pinpoint weaknesses Includes two training plans to raise functional threshold power and time peaks for race day Offers 75 power-based workouts tuned for specific training goals This updated edition also includes new case studies, a full chapter on triathlon training and racing, and improved 2-color charts and tables throughout. *Training and Racing with a Power Meter*, will continue to be the definitive guide to the most important training tool ever developed for endurance sports.

## The Purposeful Primitive

### From Fat and Flaccid to Lean and Powerful - Using the Primordial Laws of Fitness to Trigger Inevitable, Lasting and Dramatic Physical Change

*Dragon Door Publication* A comprehensive guide to transforming the body looks at various training methods, exercises, cardio routines, and nutrition tools and includes essays on the psychological aspects of training.

## Essentials of Strength Training and Conditioning

*Human Kinetics* Developed by the National Strength and Conditioning Association (NSCA) and now in its fourth edition, *Essentials of Strength Training and Conditioning* is the essential text for strength and conditioning professionals and students. This comprehensive resource, created by 30 expert contributors in the field, explains the key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance. The scope and content of *Essentials of Strength Training and Conditioning, Fourth Edition With HKPropel Access*, have been updated to convey the knowledge, skills, and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist (CSCS) exam. The evidence-based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation. The text is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning facilities. The fourth edition contains the most current research and applications and several new features: Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use. Updated research—specifically in the areas of high-intensity interval training, overtraining, agility and change of direction, nutrition for health and performance, and periodization—helps readers better understand these popular trends in the industry. A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements. Ten additional tests, including those for maximum strength, power, and aerobic capacity, along with new flexibility exercises, resistance training exercises, plyometric exercises, and speed and agility drills help professionals design programs that reflect current guidelines. Key points, chapter objectives, and learning aids including key terms and self-study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts. Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real-world settings, making the information immediately relatable and usable. Online learning tools delivered through HKPropel provide students with 11 downloadable lab activities for practice and retention of information. Further, both students and professionals will benefit from the online

videos of 21 foundational exercises that provide visual instruction and reinforce proper technique. *Essentials of Strength Training and Conditioning, Fourth Edition*, provides the most comprehensive information on organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. Its scope, precision, and dependability make it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

## Glute Lab

### The Art and Science of Strength and Physique Training

*Victory Belt Publishing* WALL STREET JOURNAL BEST SELLER IMPROVE YOUR PHYSIQUE, BUILD LEAN MUSCLE, AND INCREASE STRENGTH For more than twenty years, Bret “the Glute Guy” Contreras has been on a quest to improve human performance, focusing his research on the gluteus maximus, the largest muscle in the human body. What started as an effort to improve his own weak, flat backside quickly evolved when he discovered the wide range of functional movements to which the glutes contribute. Properly trained glutes not only help you lift heavier, jump higher, sprint faster, and swing harder but also help prevent knee, hip, and lower back pain and injuries. Bret went on to earn a doctorate in sports science and is now known as one of the world’s foremost experts on strength and physique training. After helping thousands of people reach their strength goals and achieve their ideal physique in his world-renowned training facilities, Bret brings you Glute Lab, which pulls his field-tested and scientifically proven methods and techniques together into an all-in-one glute training system that will help you develop leaner, rounder, stronger, higher-performing glutes. This all-encompassing guide explains why glute training is important for health and performance, how the glutes function, what critical role they play in the body, and how to design the optimal training program to accomplish your aesthetic and performance goals. This book offers thirty-six weeks of programming and several training templates for those who want to dive right in, breaking down each technique with step-by-step photos and descriptions. Bret also reveals the most common faults people make when performing these movements and offers hundreds of tips for getting the most out of every training session. You can implement his system in your local gym or even in the comfort of your own home. Glute Lab is more than just a book on glute training. These principles and methods can help you maximize muscle growth and strength, improve body composition, overcome training and physique plateaus, train around injuries and discomfort, determine ideal training frequency and exercise selection, design periodized programs, and so much more. In short, this book gives you the tools to make strength and physique gains and design balanced programs that cater to a wide range of goals and work for your entire body. Whether you’re a regular person looking to improve your appearance, an athlete looking to boost your performance, a physique competitor or bodybuilder looking for an edge over the competition, a powerlifter looking to increase your strength, a CrossFitter inspired to gain knowledge, a personal trainer interested in offering your clients cutting-edge training techniques, or a physical therapist looking to improve your clients’ health, Glute Lab will equip you with the information you need. In this book you will learn: The fundamentals of optimal glute training The anatomy and function of the glutes How to select exercises based on your physique and training goals How to perform the most effective exercises for sculpting rounder, stronger glutes Variations of the hip thrust, deadlift, and squat exercises Sample training templates and splits that cater to different training goals and preferences How to implement advanced methods into your training routine Diet strategies to reach weight loss and body composition goals Sample glute burnouts and templates Twelve-week beginner, intermediate, and advanced full-body training programs with a glute emphasis How to design your own customized training programs How to overcome plateaus in training, strength, and physique

## Muscle for Life

### Get Lean, Strong, and Healthy at Any Age!

*Simon and Schuster* Imagine watching pounds of fat melt away without ever feeling like you're on a diet. Imagine adding lean muscle to all the right places by doing just a few workouts per week that make you strong. And imagine realizing that your health and fitness goals are finally within your reach. Michael Matthews reveals a science-based blueprint for eating and exercising that anyone can follow at any age and fitness level. Print run 200,000.

## The Oxygen Advantage

### The simple, scientifically proven breathing technique that will revolutionise your health and fitness

*Hachette UK* The secret to your health, fitness and overall wellbeing lies in the most basic and overlooked aspect of your workout: how you breathe. Developing body strength while ignoring breathing strength is counterproductive. In *The Oxygen Advantage*, Patrick McKeown combines his successful breathing exercises with techniques designed to simulate high-altitude training in a highly successful programme that will significantly improve anyone's health but will also empower athletes to improve their sports performance. These scientifically validated exercises have the potential to drastically improve your overall fitness, whether you are a habitual couch potato or an Ironman triathlon champion. These easy-to-use techniques can help to reduce your breathlessness, improve your sleep as well as reduce anxiety and stress. Drawing on his own experiences as an ex-asthmatic and the work he has done to help athletes and asthma sufferers alike to achieve greater fitness, Patrick shows you the key to a healthier, fitter you.

## Fit

*Killustrated* "Fit is a book about how to get fit ... facts, practical information, and a logical approach to creating fitness from the first day of training through the day you reach your goal in fitness" -- P. 4 of cover.

## The Selfish Gene

*Oxford University Press, USA* An ethologist shows man to be a gene machine whose world is one of savage competition and deceit

## The Poliquin Principles

### Successful Methods for Strength and Mass Development

Both an exercise program and a reference manual with a ground-breaking new treatise on bodybuilding and strength training.

## The Squat Bible

### The Ultimate Guide to Mastering the Squat and Finding Your True Strength

**\*\*BLACK & WHITE VERSION\*\***...As a physical therapist, coach, and certified strength and conditioning specialist, Dr. Aaron Horschig began to notice the same patterns in athletes over and over. Many of them seemed to pushed themselves as athletes in the same ways they push themselves out in the real world. Living in a performance-based society, Dr. Horschig saw many athletes who seemed to not only want to be bigger and stronger but to get there faster. This mentality ultimately led to injuries and setbacks, preventing athletes from reaching their full potential. Now, after developing unique and easy-to-use techniques on how to train and move well, Dr. Horschig shares his invaluable insights with readers in *The Squat Bible: The Ultimate Guide to Mastering the Squat and Finding Your True Strength*. This detailed plan enables you to unearth the various weak spots within your body--the areas that leave you in pain and hinder your ability to perform--and completely change your approach to athleticism. Discover new strength, new power, and astounding potential you never knew you possessed. As the founder of [SquatUniversity.com](http://SquatUniversity.com), Dr. Horschig knows that when you transform the way you work out, you transform your body--and your life.

## Deskbound

### Standing Up to a Sitting World

*Simon and Schuster* You'd better stand up for this bit of news. Sitting can wreak havoc on your health, and not just in the form of minor aches and pains. Recent studies show that too much sitting contributes to a host of diseases—from obesity and diabetes to cancer and depression—and literally shortens your life. The facts are in: your chair is your enemy, and it is murdering your body. In *Deskbound*, Dr. Kelly Starrett—physical therapist and author of the New York Times and Wall Street Journal bestselling book *Becoming a Supple Leopard*—unveils how your sedentary lifestyle is killing you and, more important, what you can do to change it. *Deskbound* offers a detailed battle plan for surviving the chair and reclaiming your birthright of mobility and freedom from pain. It provides creative solutions to reduce the amount of time you spend perched on your backside, as well as strategies for the workplace and school that will improve your productivity and your overall health. You will learn how to identify and fix poor posture while sitting and standing; how to prevent, treat, and resolve low back, neck, shoulder, and wrist pain; and avoid and reverse repetitive stress injuries like carpal tunnel and tendonitis. Whether your goal is to maximize your performance in and out of the workplace or simply to live pain free, *Deskbound* is the blueprint. Dr. Starrett provides a revolutionary cure for desk-death.

## 75 Hard

### A Tactical Guide to Winning the War with Yourself

Do you lack confidence, grit, endurance, fortitude, self-esteem and all the other things that don't just make someone great, but successful in everything they do? What if you could completely transform yourself into someone who could do anything? I'm not talking about the change that happens for a week or a month or a year...but for your whole life? What would that legitimately and realistically be worth to you? Everybody tries to tell themselves that they are "special" or "great"...but it's just talk. It's not reality. This book tells you how to do that. It doesn't cost anything to execute this program...but it ain't free. I guarantee if you do exactly as I tell you to do it with no compromises and zero substitutions...you and your life will never be the same. -Andy Frisella

## Guide to Aesthetics

Aesthetics is much more than just being physically appealing. It is a lifestyle, a way of life. One does not attain aesthetic perfection over night. It takes years of consistency to shape your physique into a masterpiece, but more, it takes you to change your entire outlook on life.

## The Hardstyle Kettlebell Challenge

### A Fundamental Guide to Training for Strength and Power

## Living with a SEAL

### 31 Days Training with the Toughest Man on the Planet

*Hachette UK* Entrepreneur Jesse Itzler chronicles his month of living and extreme fitness training with a Navy SEAL in the New York Times and #1 LA Times bestseller *Living With a Seal*, now with two bonus chapters. Entrepreneur Jesse Itzler will try almost anything. His life is about being bold and risky. So when Jesse felt himself drifting on autopilot, he hired a rather unconventional trainer to live with him for a month—an accomplished Navy SEAL widely considered to be "the toughest man on the planet"! *Living With a Seal* is like a buddy movie if it starred the Fresh Prince of Bel-Air...and Rambo. Jesse is about as easy-going as you can get. SEAL is...not. Jesse and SEAL's escapades soon produce a great friendship, and Jesse gains much more than muscle. At turns hilarious and inspiring, *Living With a Seal* ultimately shows you the benefits of stepping out of your comfort zone.

## Two-brain Business 2.0

*Createspace Independent Publishing Platform* If Chris Cooper has a superpower, it's the ability to make mistakes faster than anyone else. Fortunately, none have been fatal, and they can help OTHER gym owners build happier lives. Chris brings a "big picture" perspective unmatched by anyone else in the industry. After thousands of hours spent one-on-one with gym owners, hundreds of blog posts and more interviews than he can recall, Chris shares his best lessons in the second edition of "Two-Brain Business." From Australia to Europe to North America, these are what Chris' clients--some of the best gyms in the world--are doing RIGHT. This is the follow-up to *Two-Brain Business*, one of the most popular fitness business books of all time. But its content is all new, with fresh stories, smart ideas and proven tactics. [www.twobrainbusiness.com](http://www.twobrainbusiness.com)

## Guinness World Records 2022

### Knee Ability Zero

Knee Ability Zero is not a medical book, rather: it is a step-by-step manual which allows you to find and improve your pain-free ability, and this has resulted in over 2000 knee success stories for people of all ages and walks of life. Over 8 steps we build "from the ground up" - from your ankles to lower legs to knees to thighs to hips, improving the strength, control, and freedom you have over your body, with explanation of why each step helps your knees. The 8 steps take 15-20 minutes in total, and I suggest doing them up to 3 times per week. You do not need any weights, equipment, or special abilities for this program, and you can start applying Step 1 from the moment you open up the book!

### 75 HARD Challenge

#### The 75 HARD-Running: Stay Motivated Journal

Exercise twice each day for 45 minutes - it doesn't matter what the exercise is but one of these sessions must be outdoors. Drink 4 litres of water per day. Pick a diet or eating plan and stick to that plan. You don't necessarily have to count calories but be intelligent - no chocolates, no cake, no soft drinks, and NO ALCOHOL (this is the one I'll struggle with the most). Read a minimum of 10 pages every day of growth mindset material or self-help book. No fifty shades of grey content! Stick to real life material to work on your mindset. Take one progress photo each day - even though this is more of a mental challenge, the byproduct will be a physical change at the end of the 75 days.

### Can't Hurt Me

#### Master Your Mind and Defy the Odds - Clean Edition

*David Goggins* New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare - poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring Outside magazine to name him The Fittest (Real) Man in America. In this curse-word-free edition of Can't Hurt Me, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

### Strong Curves

#### A Woman's Guide to Building a Better Butt and Body

*Victory Belt Publishing* This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, Strong Curves offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts and shapelier bodies. In Strong Curves, he offers the programs that have proven effective time and time again with his clients, allowing you to develop lean muscle, rounded glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Although the glutes are the largest and most powerful muscle group in the human body, they often go dormant due to lifestyle choices, leading to a flat, saggy bum. Strong Curves is the cure.

#### The Encyclopedia of Underground Strength and Conditioning

#### How to Get Strong, Stay Strong and Perform at Your Peak--Using the Training Secrets of the Athletic Elite

#### Starting Strength

#### Basic Barbell Training

*Mitchell Beazley* This book is for anyone serious about learning or coaching the basic lifts.

#### The 30-Day Heart Tune-Up

#### A Breakthrough Medical Plan to Prevent and Reverse Heart Disease

*Hachette UK* Follow this step-by-step program to optimize your cardiovascular health, boost your energy, slim your waistline, and heat up your sex life — all while enjoying sixty delicious recipes! Cardiovascular disease is the #1 killer of Americans today. But, the good news is that everyone—regardless of size, genetics, gender, or age—can treat arterial plaque and prevent heart attacks and strokes with this book. The keys to the program are shrinking arterial plaque, improving circulation, and strengthening your heartbeat. The tools in this book include heart-healing foods, exercise that strengthens the heart and arteries, stress management, and a customized heart-friendly supplement plan. The 30-Day Heart Tune-Up program is easy, fast, and could even be called sexy. Dr. Masley devotes a

chapter to showing how improving heart health enhances sex drive and function in both men and women.

## Complete Calisthenics

### The Ultimate Guide to Bodyweight Exercise Second Edition

## Angels

*New Line Publishing* Easy-to-follow, no-equipment bodyweight training routines you can do any time, anywhere. Suitable for all fitness levels.

## Just Your Type

### The Ultimate Guide to Eating and Training Right for Your Body Type

*Hachette UK* A comprehensive plan for matching diet and fitness regimens to body types, based on the proven system of somatotypes According to fitness guru Phil Catudal, 70 percent of people exercise the wrong way. To achieve lasting fitness and health, Catudal explains, you should work with your natural-born body type and do the optimal combination of cardio, strength training, and flexibility exercises and consume the right proportion of macronutrients for your physique. While fitness trends and fad diets will come and go, your body type (somatotype) is the one constant that's never going to change. Just Your Type helps anyone create an individualized workout that's tailored to their body shape and composition. Working harder isn't always the answer, but working smarter is.

## Strong Starts in the Mind

## Workout Journal #1

This book has exactly what you need to track your workouts. 150 workout entry pages, each with a unique motivational thought for the day written by Lisbeth Darsh! Enter your workout, your status, and your bright spot for the day, with bonus pages at the end to list your Personal Records. It also contains 5 inspirational essays, and 10 goal-related pages for you to fill in. Establish your goals, track your progress, have fun, and more!

## Training for the New Alpinism

### A Manual for the Climber as Athlete

*Patagonia* In *Training for the New Alpinism*, Steve House, world-class climber and Patagonia ambassador, and Scott Johnston, coach of U.S. National Champions and World Cup Nordic Skiers, translate training theory into practice to allow you to coach yourself to any mountaineering goal. Applying training practices from other endurance sports, House and Johnston demonstrate that following a carefully designed regimen is as effective for alpinism as it is for any other endurance sport and leads to better performance. They deliver detailed instruction on how to plan and execute training tailored to your individual circumstances. Whether you work as a banker or a mountain guide, live in the city or the country, are an ice climber, a mountaineer heading to Denali, or a veteran of 8,000-meter peaks, your understanding of how to achieve your goals grows exponentially as you work with this book. Chapters cover endurance and strength training theory and methodology, application and planning, nutrition, altitude, mental fitness, and assessing your goals and your strengths. Chapters are augmented with inspiring essays by world-renowned climbers, including Ueli Steck, Mark Twight, Peter Habeler, Voytek Kurtyka, and Will Gadd. Filled with photos, graphs, and illustrations.

## The Core 4

### Embrace Your Body, Own Your Power

*HarperCollins* At Last, a No-Bullsh\*t, Shame-Free Strength Transformation Program Since 2011, nutrition and fitness expert Steph Gaudreau has impacted the lives of thousands of women through her fierce-love approach to strength and badassery, what she calls **The Core 4**. The success of her program can be found in the astounding health results from those women who have tried it—including muscle definition, body confidence, restful sleep, and a strong powerful outlook that permeates every facet of life. In **THE CORE 4** Steph finally offers women a strong body and mind achieved through minimal time on the treadmill, simple workouts, targeted nutrition (that is also delicious!), and mindset practices with clear results. When you focus on **The Core 4--Eat Nourishing Foods, Move with Intention, Recharge Your Energy, and Empower Your Mind--**you give yourself the gifts of care, strength, and resiliency, and take a powerful step toward the life you want. “By refusing to let your weight measure your worth. By nourishing your body. By listening to your intuition as a guide. By taking your power back. I guarantee you’ll start feeling energetic, active, confident, strong, resilient, and ready to change the world.”—Steph Gaudreau

## The 9-Mile Marathon

### A New Breed of Marathon Runners

*Free and Focused Bv* In the **RUNNING** society most people will tell you what 9-MILERS are doing is **IMPOSSIBLE**. Running solid marathons without those endless long and slow 18+ mile training runs. Yet it's happening **EVERY DAY!** 9-Milers are the **REBELS**. The 'Crazy Ones'. The round pegs in the square holes. They're **NOT** fond of the traditional running rules. 9-Milers **CHANGE** things. They **PUSH** things **FORWARD**. You can't ignore them. 9-MILERS want to **HAVING IT ALL**. Living a busy **LIFE** with work, **FAMILY** and friends, **AND** enjoy the **THRILL** of running marathons at **THE BIG EVENTS**. Feeling **GREAT**. **POWERFUL**. Finish **STRONG**. **FIT**. Maybe even **FASTER** than they **EVER** thought **POSSIBLE**. Author and founder of **9MILER4LIFE** Marlies Kort, 2h47 marathon finisher and Ironman 70.3 World Champion **F40-44**, doesn't want to **CHANGE** the way you're training today. With **The 9-Mile Marathon Training System** Marlies Kort wants to replace it with something **TOTALLY NEW**; training, running and 'living' **The 9-Miler Way**.

## Go Diaper Free

### A Simple Handbook for Elimination Communication

Stop changing diapers?start potting your baby. Over half the world's children are potty trained by one year old, yet the average potty training age in the United States is currently three years old. This leaves parents wondering: What did people do before diapers? and How do I help my own baby out of diapers sooner?Elimination Communication, also known as EC, is the natural alternative to full-time diapers and conventional toilet training. Although human babies have been pottied from birth for all human history, we've modernized the technique to work in today's busy world.Go Diaper Free shows parents of 0-18 month babies, step-by-step, how to do EC with confidence, whether full time or part time, with diapers or without. "Diaper-free" doesn't mean a naked baby making a mess everywhere - it actually means free from dependence upon diapers. With this book, new parents can avoid years of messy diapers, potty training struggles, diaper rash, and unexplained fussiness. Also helpful for those considering EC, in the middle of a potty pause, or confused about how to begin.This 6th edition includes a new section on The Dream Pee, a full text and graphic revision, more photos of EC in action, and a complete list of further resources.MULTIMEDIA EDITION: includes the book and access to private video library, helpful downloads, additional troubleshooting, and our private online support group run by our Certified Coaches. For less than the cost of a case of diapers, you can learn EC hands-on, the way it's meant to be learned.