



Technogym Bike Excite User Manual

Morc Coulson



Technogym Bike Excite User Manual:

The Complete Guide to Teaching Exercise to Special Populations Morc Coulson, 2013-05-30 An important addition to the tried and trusted Complete Guide series The Complete Guide to Teaching Exercise to Special Populations is a vital resource for fitness professionals who prescribe exercise programmes to anyone categorised as belonging to a special group Special population covers many of us with a health condition which may mean we need a supervised and well informed exercise programme Covering a wide range of conditions from osteoporosis heart conditions arthritis and back pain this book provides supervised exercise programmes to suit various needs Comprehensive and informative The Complete Guide to Teaching Exercise to Special Populations is packed with clear photographs and diagrams and covers the condition diagnosis treatment as well as an array of practical tips for designing activity programmes

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