
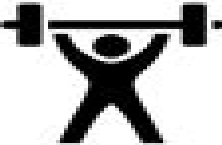








Workout Type	Intensity	Duration	Frequency	Body Movements
HIIT	High	Low	Usually 3-4x / week	 <ul style="list-style-type: none"> <li>• Compound</li> <li>• Repetitive</li> <li>• Dynamic</li> </ul>
CROSS TRAINING	High	Low	5-6x / week	<ul style="list-style-type: none"> <li>• Compound</li> <li>• Complex</li> <li>• Variable</li> <li>• Dynamic</li> </ul> 
STRETCHING	Low	High	3-7x / week	 <ul style="list-style-type: none"> <li>• Isolated</li> <li>• Simple</li> <li>• Usually Static</li> </ul>
WALKING PROGRAM	Low	High	3-7x / week	<ul style="list-style-type: none"> <li>• Repetitive</li> <li>• Simple</li> <li>• Dynamic</li> </ul> 
STEADY STATE CARDIO	High	High	3-5x / week	 <ul style="list-style-type: none"> <li>• Repetitive</li> <li>• Simple</li> <li>• Dynamic</li> </ul>
HOME/REHAB EXCERCISES	Low	Low	3-7x / week	<ul style="list-style-type: none"> <li>• Repetitive</li> <li>• Isolated</li> <li>• Simple</li> </ul> 
RECREATIONAL SPORTS	High	High	1-3x / week	 <ul style="list-style-type: none"> <li>• Compound</li> <li>• Complex</li> <li>• Variable</li> <li>• Dynamic</li> </ul>
WEIGHTLIFTING	High	Low	3-5x / week	<ul style="list-style-type: none"> <li>• Variable</li> <li>• Dynamic</li> </ul> 

# Fan Favorite Fitness Workout

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**Strokes of Genius** L. Jon Wertheim,2009-06-01 The executive editor of Sports Illustrated offers an in-depth analysis and behind-the-scenes look at the historic 2008 match between tennis titans In the 2008 Wimbledon men's final Centre Court was a stage set worthy of Shakespearean drama Five-time champion Roger Federer was on track to take his rightful place as the most dominant player in the history of the game He just needed to cling to his trajectory So in the last few moments of daylight Centre Court witnessed a coronation Only it wasn't a crowning for the Swiss heir apparent but for a swashbuckling Spaniard Twenty-two-year-old Rafael Nadal prevailed in five sets in what was according to the author essentially a four-hour forty-eight-minute infomercial for everything that is right about tennis a festival of skill accuracy grace strength speed endurance determination and sportsmanship It was also the encapsulation of a fascinating rivalry hard fought and of historic proportions In the tradition of John McPhee's classic *Levels of the Game* *Strokes of Genius* deconstructs this defining moment in sport using that match as the backbone of a provocative thoughtful and entertaining look at the science art psychology technology strategy and personality that go into a single tennis match With vivid intimate detail Wertheim re-creates this epic battle in a book that is both a study of the mechanics and art of the game and the portrait of a rivalry as dramatic as that of Ali Frazier Palmer Nicklaus and McEnroe Borg Deftly touches on all the defining factors of contemporary tennis *San Francisco Chronicle* Illuminates a kingdom changing hands An engrossing book Bud Collins

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