

H Y R O X

THE FITNESS COMPETITION FOR EVERY BODY



Pro Fitness Workout

Sean Vigue

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Power Yoga for Athletes Sean Vigue, 2015-05-15 Boost your athletic performance with the strength, balance, and focus of power yoga. With step-by-step photo-illustrated instruction for over 100 yoga poses, *Power Yoga for Athletes* is a whole-body program for cross-training and conditioning. Whatever your sport, yoga is the perfect total-body and mind workout, the ideal cross-training tool, and an excellent stand-alone exercise. Use this yoga program created by fitness instructor Sean Vigue to improve balance, focus, control, breathing, posture, and flexibility; strengthen your back joints and core; or reduce or heal from injury. Yoga benefits athletes of all types, helping you to improve your athletic prowess and hone new strengths. You'll find many poses ideal for the sport of your choice, including running, swimming, cycling, golfing, baseball, basketball, soccer, football, rugby, hockey, and tennis. Each yoga pose features step-by-step directions, instructional photography, illustrations showing the muscles being worked, a description of its overall benefits, the sports for which the pose is ideal, and the balance, strength, and focus you need to perform at your best.

Smartphone Apps for Health and Wellness John Higgins, Mathew Morico, 2023-01-06 *Smartphone Apps for Health and Wellness* helps readers navigate the world of smartphone apps to direct

them to those which have had the best medical evidence in obtaining the users goal The book covers the history of apps how they work and specific apps to improve health and wellness in order to improve patients outcomes It discusses several types of apps including apps for medical care sleeping relaxation nutrition exercise and weight loss In addition sections present the features of a good app to empower readers to make their own decision when evaluating which one to use This is a valuable resource for clinicians physicians researchers and members of biomedical field who are interested in taking advantage of smartphone apps to improve overall health and wellness of patients Summarizes smartphone apps with the best evidence to improve health and wellness Discusses the most important features of an app to help readers evaluate which app is appropriate for their specific needs Presents the typical results expected when regularly using an app in order to assist healthcare providers in predicting patient outcomes *Contract* Len Corlin,1988 *Skiing* ,1993-12 *Ski* ,1993-12

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Tamilee Webb's Step Up Fitness Workout Tamilee Webb,D. J. Arneson,1994 Let Tamilee Webb star of Buns of Steel and Building Tighter Assets take you by the hand through her breakthrough at home step workout For beginners and experienced steppers alike this marriage of step the acclaimed high intensity low impact aerobic conditioner with a full series of muscle toning and body sculpting exercises the program that has it all Movement by movement photograph by photograph Tamilee Webb demonstrates a complete system of step training She shows how to master her 17 key step patterns how to work in arm movements and upper torso sculpting exercises how to warm up stretch and cool down Then she puts together three effective programs one each for beginner intermediate and advanced stepper It s fun easy and fast promising beautiful results with just 30 minutes a day three days a week 58 000 copies in print **Corporate Fitness** ,1987 *The Marketing Plan* William A. Cohen,1998 Everything you need to know to produce an outstanding marketing plan including what to do how and why A new chapter on leadership helps develop leadership and teamwork skills while working on marketing plans

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