

Bodyweight Strength Training Anatomy, 2013, 224 pages, Bret Contreras ,
1450429297, 9781450429290, Human Kinetics, 2013

Going far beyond standard pull-ups, push-ups, and squats, Bodyweight Strength Training Anatomy presents 156 unique exercises that work every muscle in the body. Detailed anatomical artwork accompanies step-by-step instructions for performing each exercise anytime, anywhere, without the need for equipment or machines.

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The Complete Guide to Exercise Therapy , Christopher M. Norris, Aug 28, 2014, Health & Fitness, 192 pages. A new title in the Complete Guide series - Exercise Therapy will perfectly complement the Complete Guide to Sports Injuries and the Complete Guide to Clinical Massage. Dr.

The Complete Idiot's Guide to Functional Training Illustrated , Frances Sharpe, Justin Price, Dec 1, 2009, Health & Fitness, 336 pages. Lengthen spine, tuck pelvis under, bend knees...and shovel that driveway! The goal of functional training is getting the various muscle groups to work together for real-life.

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Cycling Anatomy , Shannon Sovndal, 2009, , . .

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Complete Conditioning for Tennis , Paul Roetert, Todd S. Ellenbecker, 2007, Sports & Recreation, 208 pages. Provides all the tools you need to design your training program to fine-tune your fitness and take your tennis game to the next level..

The Complete Guide to Functional Training , Allan Collins, Jun 21, 2012, Sports & Recreation, 313 pages. As well as being THE concept in fitness and strength and conditioning, functional training is also probably the most poorly understood concept in fitness. Functional training.

Alpha Male Challenge The 10-Week Plan to Burn Fat, Gain Muscle & Build True Alpha Attitude, James Villepigue, Rick Collins, Sep 1, 2009, Health & Fitness, 336 pages. Provides a blueprint for countering reduced testosterone levels, sharing specific guidelines in the areas of exercise, diet, and mind-set to help men build confidence levels.

The M.A.X. Muscle Plan , Brad Schoenfeld, Sep 19, 2012, Health & Fitness, 217 pages. Widely regarded as one of America's leading strength and fitness professionals, the author has won numerous natural bodybuilding titles and has been published or featured in.

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Macroeconomics: A European Text , Michael Burda, Charles Wyplosz, Nov 15, 2012, Business & Economics, 573 pages. This text provides a comprehensive analysis of contemporary macroeconomics, within a European and global context. The authors balance the theoretical aspects with up-to-date

A Season for Every Purpose , Brad Williams, 2007, Religion, 132 pages. "A Season for Every Purpose" will enable the reader to understand his current season and receive all that God desires to give in a bountiful harvest. (Practical Life)

From Way Up High , Alison Adams, 2002, Big books, 16 pages

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The Cambridge CAE Course Self-study student's book, Mary Spratt, Lynda B. Taylor, 2000, Foreign Language Study, 304 pages. In addition to the traditional emphasis at this level on skills development, The Cambridge CAE Course focuses on other areas of language such as pronunciation, vocabulary Sociological review monograph, Issue 18 , , 1972

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Engineering Drawing and Graphic Technology , Thomas Ewing French, Charles J. Vierck, Robert J. Foster, Robert Jay Foster, 1993, Technology & Engineering, 745 pages. The text is designed for students and teachers in high schools, community colleges, technical institutes, and first-year university level. The text is intended to provide aCanadian Inuit Literature The Development of a Tradition, Robin McGrath, Diamond Jenness, 1984, Canadian literature (English) Inuit authors Bibliography, 230 pages. Documents and briefly examines how Canada's Inuit moved from an oral tradition of literature in Inuktitut to a written tradition in their second language, English

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L'Œveil aux langues Œ l'Œcole primaire Evlang : bilan d'une innovation europŒenne, Michel Candelier, Oct 20, 2003, Education, 379 pages. Faire de la diversitŒ des langues et cultures un objet d'activitŒs Œ l'Œcole, pour favoriser l'ouverture Œ l'Autre, pour former le citoyen plurilingue de demain, telle est lThe Australian National Dictionary A Dictionary of Australianisms on Historical Principles, William Stanley Ramson, 1988, Reference, 814 pages. Compiled at the Australian National University's new dictionary Centre, this is the most comprehensive and authoritative record of Australian English. Following the style of Lion of Scotland , Neil Robinson, Jan 1, 1999, Biography & Autobiography, 156 pages. This is the story of Norman McLeod and his 40 year search for a land where he and his followers could live their lives as they wished. As a rebel minister from the Western Instructions on making paper hearts. There's a ruined castle on Finniston Farm, but only the dungeons remain, and nobody knows where they are!. Includes how-to information.

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FTA drug and alcohol testing program , Robert L. Gaumer, United States. Federal Transit Administration. Office of Safety and Security, John A. Volpe National Transportation Systems Center (U.S.), EG & G Services (Firm), 2002, Psychology
Women at Work:An Economic Perspective
An Economic Perspective, Tito Boeri, Daniela Del Boca, Christopher Pissarides, Jun 2, 2005, Business & Economics, 292 pages

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How to Find a Habitable Planet , James Kasting, 2010, Science, 326 pages. Ever since Carl Sagan first predicted that extraterrestrial civilizations must number in the millions, the search for life on other planets has gripped our imagination. IsThe Jewel of Scotland , Lynda A. Janzen, Jan 1, 2005, Fiction, 255 pages. When Cairn MacRae is faced with the return of a stolen family heirloom appearing in the most unlikely place her investigating spins her into a world of lies and deception. Her A Sweet Scent of Death , Guillermo Arriaga, Apr 3, 2007, Fiction, 160 pages. From the award-winning, internationally acclaimed screenwriter of Amores perros, 21 Grams, and Babel, A Sweet Scent of Death is Guillermo Arriaga's tale of deception, passion Human Kinetics, 2013

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The Truth about Self-protection , Massad F. Ayoob, 1983, Burglary protection, 417 pages
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Psychiatry A marriage and a family reach breaking point on an annual holiday in the loveliest hotel
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Alternative time patterns of decisions and dynamic strategic interactions , Pierre Cahuc, Hubert Kempf (agrΓ©gΓ© de science Γ©conomique.), European University Institute. Dept. of Economics, 1995, Business & Economics, 31 pages
Guns in America A Reader, Jan E. Dizard, Robert M. Muth, Stephen P. Andrews, 1999, History, 517 pages. Documenting and analyzing the history of firearms in America, this book explores various aspects of gun manufacture, ownership and use - and the cultural and political
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Jim Cummins, Jan 1, 2000, Education, 309 pages. As linguistic diversity increases in countries
around the world, policy-makers and educators are faced with complex and conflictual issues
regarding appropriate ways of General principles of toxicology; Systemic toxicology; Toxic agents;
Applications of toxicology.

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Chemical Society. Division of Colloid and Surface Chemistry, American Chemical Society. Meeting,
1992, Science, 683 pages. This volume provides a complete overview of all the latest advances in
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