



Bosu Fitness - Complete Cardio, Strength and Core Conditioning (Paperback)

By Marina Aagaard

Aagaard, United States, 2013. Paperback. Book Condition: New. 296 x 210 mm. Language: English . Brand New Book ***** Print on Demand *****.A comprehensive compilation of BOSU exercises and programs. Over 100 exercises plus variations and program design tips. Motivating one-on-one and group exercises for beginners, intermediate and advanced exercisers. More than 200 photos and step-by-step text on proper exercise technique. Expert tools and templates for programming, e.g. agility, circuit and interval training workouts. The book features two unique programs: A complete BOSU total body cardio, strength and core conditioning workout - and a BOSU bodytoning workout. BOSU FITNESS , is a valuable tool and reference book for physical exercise leaders, personal trainers, group exercise instructors, physiotherapists and PE teachers using the BOSU and similar fitness equipment.



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Reviews

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