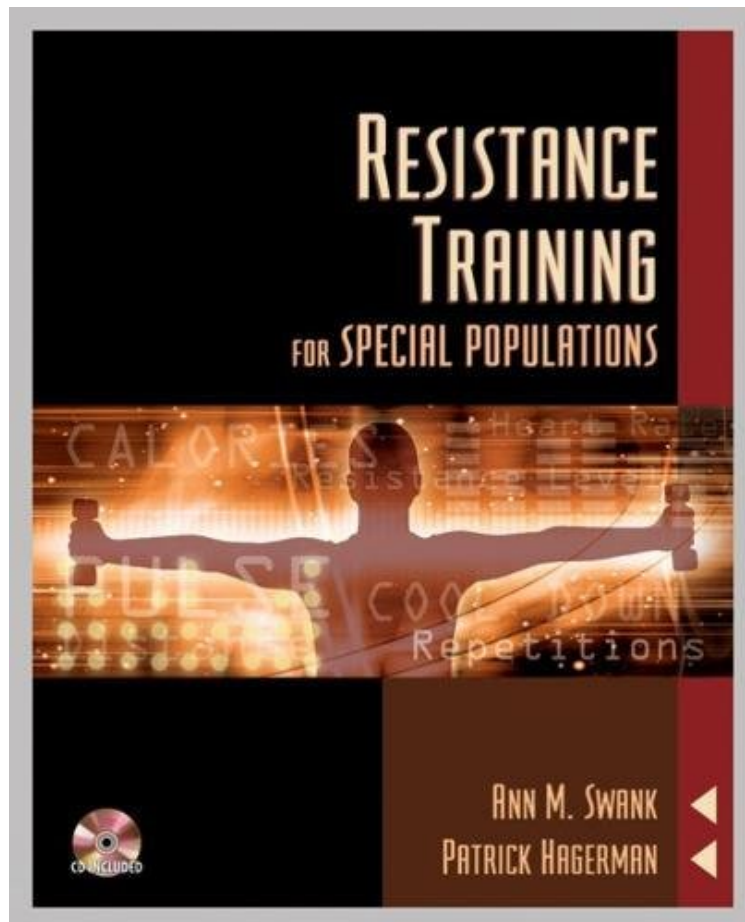


(Read now) Resistance Training For Special Populations

Resistance Training For Special Populations

Ann Marie Swank

*ePub | *DOC | audiobook | ebooks | Download PDF*



[Download](#)

[Read Online](#)

#2873775 in Books Cengage Learning 2009-05-29Ingredients: Example IngredientsOriginal
language:EnglishPDF # 1 9.25 x 7.25 x 1.00l, 1.60 #File Name: 1418032182416 pages | File size: 34.Mb

Ann Marie Swank : Resistance Training For Special Populations before purchasing it in order to gage whether or not it would be worth my time, and all praised Resistance Training For Special Populations:

Resistance training is not just for the physically fit and athletic. Research has shown that resistance training programs provide health benefits to individuals with chronic medical conditions. The young and old alike can participate in resistance training programs that will improve overall health and well being. Resistance Training for Special Populations covers the assessment and development of training programs for people suffering from arthritis, osteoporosis, cancer, diabetes, heart failure, and pulmonary disease. Resistance training programs for obesity, the elderly, and pregnancy are also covered.