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The Complete Exercise Guide



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Learning to Climb Indoors Eric Horst, 2019-08-01 The essential handbook for every beginner Learning to Climb Indoors is the most complete book available on indoor climbing now revised and in its third edition Veteran climber performance coach and renowned author Eric Horst gives you all the information you need to get started and have fun From what to expect on your first visit to a climbing gym to in depth instruction on climbing techniques tactics strategy and taking your indoor climbing skills outside this guide will take you through your first few days and years as a climber Horst covers basic gear fundamental safety techniques and the importance of personal one on one instruction at the gym Chapters on mental control physical conditioning and self assessment round out the training And as you progress advice on advanced techniques and tactics will help you conquer the steepest walls This revised and fully updated edition includes a new section on youth climbing as well as more information on taking your indoor climbing skills outside onto real rock Full color photos round out the package to make Learning to Climb Indoors an indispensable resource for new climbers

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The U.S. Navy Seal Guide to Fitness and Nutrition

Patricia A. Deuster, Pierre A. Pelletier, Anita Singh, 2007-06-01 Developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare NSW community this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities Topics covered include calculating energy expenditure definitions functions and daily allowances of carbohydrates fats and protein nutritional considerations for endurance and strength training activities active recovery from injury cardio respiratory conditioning appropriate gear for running and swimming for fitness exercising in extreme and adverse weather and more Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone wanting to improve his or her health strength and endurance

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Rob Miller, 2023-08-28 Training Guide for Climbers Platinum Principles for Success cuts through the myths and misconceptions embedded in today's climbing culture to help you develop and navigate a targeted training program for improving your route climbing or bouldering performance The author provides climbing theories clear illustrations and sample schedules to help readers reach their loftiest climbing goals

The Complete Idiot's Guide to Rock Climbing Stefani Jackenthal, 2000 Provides instructions on climbing real rocks and fiberglass walls presents advice on buying and renting supplies and includes essential safety tips

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Kilimanjaro & East Africa Cameron Burns, 2006-08-08 More than 50 routes including summit walk ups and serious technical climbs Includes information of travel to and from East Africa and the major trekking and climbing destinations Also includes the standard trekking route on Mount Meru Kilimanjaro's nearly 15 000 foot neighboring peak and the trekking circuit in the Rwenzoris of Uganda with detailed route descriptions to the three highest summits in the region Mount Stanley Mount Speke and Mount Baker For trekkers or climbers hoping to reach the top of Kilimanjaro one of the coveted Seven Summits or challenge themselves on the remote spires of Mount Kenya or explore East Africa's lesser visited areas such as Mount Meru and the Rwenzoris of Uganda this completely revised guide is ideal Author Cameron Burns includes everything you need to know to plan a safe and successful visit to the region including up to date trip planning information and prices tips on transportation and places to stay as well as the scoop on hiring outfitters and obtaining permits and visas Also included are dozens of useful websites for the East African trekker climber do's and don'ts to help you stay safe hundreds of useful personal observations

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