

Aerobics

Aerobic Training
Paul GER 2000 \$32.95

Aerobics Teachers Workbook
Tapiolas GER 2000 \$39.95

Complete Guide To Exercise To Music Lawrence USA 2005 \$45.00
The definitive handbook for fitness leaders. Fully updated, this new edition includes sections on building up and breaking down choreography, step choreography ideas, new abdominal exercises, and more.

Fitness Aerobics Brick \$28.95

Aquarobics

Complete Guide To Exercise In Water
Lawrence UK 2004 \$45.00

Fantastic Water Workouts
Baun \$29.95
Have fun, get fit, and stay healthy with more than 130 exercises that use the natural resistance of water, you will improve your body's composition and tone, strengthen muscles, increase aerobic and muscular endurance, and flexibility, coordination and agility

Water Fun-116 Fitness & Swimming Activities Lees \$28.95

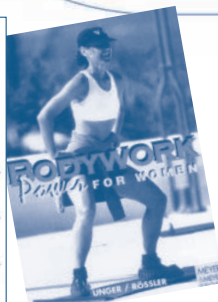
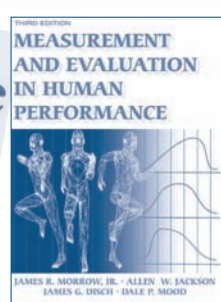
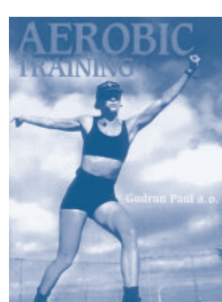
Fitness Aquatics
Case USA 1994 \$31.85

Water Exercise
White USA 1995 \$35.15
Water Exercise features 78 clearly described and illustrated exercises that range from beginning to advanced levels of difficulty. The book also features complete exercise programs for specific injuries and conditions and for improved fitness.

Evaluation & Measurement

20M Multi Stage Fitness Test - CD ASC AUST 2007 \$43.00
The 'Beep' test!

ACSM Fitness Book
ACSM USA 2003 \$29.95
Whether your objective is to improve cardiovascular endurance, muscular strength, flexibility, or overall body condition, the ACSM Fitness Book will lay out a proven plan for reaching your goal in a way that works for you.



Advanced Fit Assessment & Exercise Prescription
Heyward USA \$104.50 *Advanced Fitness Assessment and Exercise Prescription, Fifth Edition, provides a well-balanced approach to the assessment of physical fitness and the design of exercise programs, addressing cardiorespiratory endurance, muscular fitness, body weight and composition, and flexibility.*

Anthropometrica
Norton & Olds \$58.95

Australian Fitness Norms
Gore AUST 1992 \$27.50 *Fitness information on the general population of Australia, providing the fitness assessor with clearly described & illustrated procedures.*

Exercise Analysis Made Simple
Batman & Van Capelle AUS 1999 \$30.00 *Teaches the reader how to analyse both exercises and sports skills assuming no anatomical and kinesiological background.*

Exercise Prescription: A Case Study
Swain & Leutholtz USA 2007 \$44.99
This second edition utilizes the most up-to-date information published in the seventh edition of the ACSM's Guidelines to provide an excellent study resource.

Measurement & Evaluations in Human Performance
Morrow et al USA 2005 \$123.20
Comprehensive text & software package that helps students in the application of measurement concepts.

Movement Skill Assessment
Burtonl & Miller USA \$69.30
Discusses six levels of movement skill assessment, defining purposes of movement skill assessment in educational & therapeutic environments.

Pedometer Power
Pangrazi USA 2003 \$31.90
The best-selling Pedometer Power is back updated and expanded with 65 thoroughly field-tested and exciting pedometer activities to motivate participants to become more physically active.

Children's Exercise Physiology
Rowland USA 2005 \$110.00
The reorganized and newly revised Children's Exercise Physiology, Second Edition, presents the most up-to-date research, methodology, and approaches related to children's physiologic responses to exercise.

Essentials Of Exercise Physiology
Mcardle et al USA \$99.00
Fully revised and updated, this Third Edition provides excellent coverage of the fundamentals of exercise physiology, integrating scientific and clinical information on nutrition, energy transfer, and exercise training.

Essentials Of Human Anatomy & Physiology
Marieb USA 2005 \$112.95
Essentials of Human Anatomy & Physiology, Eighth Edition continues to set the standard for A&P texts with an enhanced media package and new active learning features that help readers better visualize and understand the structure and function of the human body.

Exercise Physiology + CD
Mcardle USA 2006 \$125.40
Exercise Physiology 6th edition integrates the basic concepts and relevant scientific information to provide a foundation for understanding nutrition, energy transfer, and exercise training.

Physiology Of Sport & Exercise
Wilmore & Costill USA 2004 \$125.40
The textbook, developed by renowned authors Jack Wilmore and David Costill, presents a solid foundation of exercise physiology and redefines the discipline's standard for textbooks.

Fitness-General

28 Day Body Shapeover
Schoenfeld USA 2006 \$31.95
You'll be taken step by step through four weeklong stages of workouts and menus that are set up to fit practically any lifestyle.

Allround Fitness: Beginners Guide
Koschel GER 1999 \$27.45
This guide aims to give a basic outline to fitness equipment in a straightforward and informal manner. The author aims to give you accessible and easy to understand information to help you on the road to becoming fit and healthy.

Athletic Body In Balance DVD
Cook USA 2005 \$59.95
The Athletic Body in Balance DVD is the first of its kind to show how to identify and correct muscle imbalances, mobility restrictions, and stability problems.

Better Body
Bean UK 2005 \$16.95
Easy-to-use, practical and packed with tips and advice, this full-colour guide gives you all the information you need to develop muscle, create great body definition or simply to improve your overall physique.

Bodytoning
Norris UK 2003 \$45.00
Explains the principles of weight training, including preparation, energy systems, how muscles work and basic physiology.

Bodywork Power For Women
Unger et al GER 2001 \$32.95
Are scientific "facts" enough to define and assess a socially mediated conception of adequacy? Experimental psychology formulates and resolves research questions about "body image" in terms of the pathology of particular women.

Brockport Physical Fitness Training Guide
Winnick USA 2005 \$54.45
Teachers no longer have to adapt standard physical fitness tests to accommodate students with special needs. The all-new Brockport Physical Fitness Test (BPFT) is specifically designed to test the fitness of youths from ages 10 through 17 that have various disabilities.

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**Complete Guide To Exercise
Away Stress** Larence AUST 2005
\$45.00

Exercise, activity and nutrition are key tools for dealing with pressure, so personal trainers and sports coaches are ideally placed to help their clients manage stress.

**Complete Guide To Circuit
Training** Lawrence & Hope UK 2001
\$39.95

Building Strength and Stamina provides the tools to get results in just 30 minutes a day! One of the nation's leading strength experts shows the most effective way to gain strength and endurance while burning excess body fat.

Exercises You Can Do Anywhere
Rothery AUST \$25.00

Exercise manual covers a range of options for using portable equipment you may have lying around your house or at your local gym. There is also a range of exercises you can do without equipment.

Fit & Well

Fahey et al USA 2004 \$99.95

Fit and Well offers an outstanding text and teaching package designed to help students incorporate fitness and wellness into their daily lives. It provides accurate, up-to-date coverage of the components of health-related fitness, as well as coverage of nutrition, stress, substance abuse, chronic diseases, and injury prevention, while also giving students the practical tools they need to take charge of their wellness-related behaviors and adopt a healthier lifestyle.

Fitness & Health

Sharkey USA 2007 \$48.95

Discover how to achieve the maximum benefits of physical activity. This sixth edition of *Fitness & Health* is your guide to both a deeper understanding of the exercise-health relationship and a map for meeting your individual needs and goals.

Fitness For Life Corbin USA 2004

\$44.00 *Fitness for Life*, the original and best-selling middle and high school text for teaching lifelong health and fitness, just got better. Motivate students to become informed consumers in matters related to lifelong physical activity and fitness.

Fitness Walking Iknioan 2005

\$29.95 Add structure and variety to your walks with specific programs and 60 workouts to use on your path to improved fitness and health. *Fitness Walking* offers a full menu of walks from which you can choose the duration, distance, speed, and nature of the walk.

Health Fitness Handbook
Franks \$37.35

Interval Training For Fitness
Nitti & Nitti UK 2003 \$39.95

If you are looking for a way to become fit but have little time to devote to it, this is your book. It allows for diversity in activities such as walking, running, swimming, and biking, and encourages you to use your environment to achieve your goals.

**Motivating People To Be
Physically Active**

Marcus & Forsyth USA 2003 \$56.65
Motivating People to Be Physically Active is a comprehensive reference describing proven methods for helping people change from inactive to active living. The behavior change methods are useful not only for healthy adults but also for individuals with chronic physical and psychological conditions.

**My Early Morning Fitness
Programme** Peirce \$19.75

Physical Activity & Health
Bouchard USA 2007 \$115.50

Sedentary habits have been identified as a major public health problem in many countries. The timely *Physical Activity and Health* addresses an unmet need by providing a comprehensive treatment of the relationship between physical activity and health outcomes.

Physical Fitness Hockey \$76.95

This basic, introductory text covers physical fitness and the components needed to live a healthy lifestyle, focusing on practical activities and programs individuals can do to become physically fit and maintain fitness for a lifetime.

Powering Through Pregnancy
Simons AUST 2003 \$29.95

Many will know Jane Simons' name from her long time work with pregnancy exercise, especially her videos "Pregnant and in Perfect Shape" and "Mother Baby Exercise Together". In this new book, Jane shares her passionate commitment to helping women take the best care of themselves during the nine months of pregnancy.

Ultra Fit - The Total Fitness Man
Shepherd AUST 2004 \$45.00

Whether someone is thinking about joining a gym, is just starting out on a training programme, or has been working out for years, "Ultrafit" is filled with essential information to help them understand how the body works, how to exercise effectively, and the techniques to get and stay fit.

**Concepts Of Physical
Fitness**

Corbin et al USA 2006 \$85.95

Through thirteen editions, *Concepts of Physical Fitness* has proven itself as the most trusted text in the area of fitness and wellness, providing readers with the self-management skills necessary to adopt a healthy lifestyle.

Fitness Running

Brown & Henderson \$29.95

From customizable workouts to rock-solid running advice, *Fitness Running* provides workouts from one of America's most respected coaches.

**Physical Activity for Health &
Fitness**

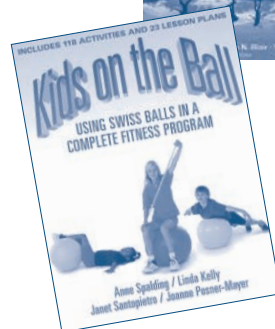
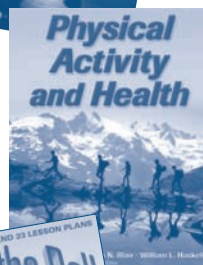
Jackson USA 2004 \$53.90

This updated edition of *Physical Activity for Health and Fitness* will help students make physical activity a priority today and continue to do so throughout their lives.

Promoting Physical Activity

Ushhs USA 1999 \$67.65

Promoting Physical Activity equips you to reach out to the physically inactive people in your community and get them excited about physical activity.



Fitness/Gymball

Complete Guide Pilates Method
Menezes AUS 1999 \$32.95

Fitball Workout

Endcott & Hamlyn UK 2005 \$14.95

These pilates and yoga inspired exercises greatly improve core stability, stretch and tone muscles and increase strength and flexibility for a leaner, more streamlined body. Fitball is suitable for men and women of all fitness levels.

Kids On The Ball

Spalding et al USA 1999 \$47.85

They're colorful, big, and enticing. In recent years, innovative teachers have introduced the Swiss Ball, previously used primarily for therapy, into educational settings. Now you can use this unique tool to help children develop balance, coordination, rhythm, and fitness skills.

Strength Ball Training -

Goldenberg & Twist AUST 2007 \$36.95

Develop strength, power, coordination, balance, and core stability using the medicine ball and stability ball exercises included in *Strength Ball Training*. Preferred by elite athletes, fitness experts and strength and conditioning specialists, these exercises train the body as a linked system rather than targeting muscles in isolation.

Strong And Stable

Westlake AUST 2007 \$25.95

Strong and Stable builds on the basic fitball exercises of the internationally successful *Strong to the Core* to take your body to the next level of strength and fitness. Over 80 new exercises will help you look good and feel fantastic.

Strong To The Core

Westlake AUST 2002 \$25.95

This book is a comprehensive guide to working out with an exercise ball. It provides effective exercise techniques for strength training, back health and injury prevention.

Fitness Leaders

Client-Centered Exercise

Griffin US 1998 \$66.00

This edition is extensively revised, with substantial new material on activity counseling, client motivation, and step-by-step prescription models, which are directly linked to program design.

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Exercise Management**Mackinnon et al USA 2003 \$88.00**

A complete guide to developing strategies for physical activity programs that meet the needs of every client from healthy athletes to people with physical, pathological, social or psychological limitations.

Fitness Leaders**Egger & Champion AUST 1998 \$29.95**

Complete book of fitness, detailing te scientific facts about exercise, a must for any health & fitness organisation.

Fitness Professionals Handbook**Howley \$122.10**

Formerly titled Health Fitness Instructor's Handbook, this full-color text has undergone a title change to better reflect its extensive use in the field.

Personal Trainers Handbook**O'Brien USA 2003 \$60.50**

This easy-to-use reference is written in everyday language and covers everything from designing safe and effective fitness programs to handling even the most difficult clients.

Your Personal Trainer**Brooks \$40.95**

Your Personal Trainer gives you customized, expert training advice that will help you get the results you want. This book provides individually tailored programs, structured workouts, and planned training cycles, all featuring the latest exercise information available to help you achieve your fitness goals.

Management & Marketing**ACSM Health/Fitness Facility Standards****ACSM USA 2007 \$92.40**

Revised and updated to reflect the most current information from the American College of Sports Medicine, ACSM's Health/Fitness Facility Standards and Guidelines, Third Edition, outlines the proper standards and guidelines to follow for designing and operating health and fitness facilities.

Business Of Personal Training**Roberts USA 1996 \$47.85**

Whether you are considering a career as a personal trainer or searching for ways to increase revenue and gain new clients for your existing business, you'll find The Business of Personal Training to be an indispensable reference.

Event Marketing Hoyle AUST**2002 \$96.95**

Authored by a well-known figure in the field. Overview chapters explore topics such as electronic marketing strategies, funding, budgeting, promotion, and advertising.

Facilities Management**Alexander UK 1996 \$80.00**

This text provides an overview of the interdisciplinary nature of facilities management. It discusses the framework within which facilities managers should operate and the key requirements of their task.

Festival & Special Event Management**Mcdonnell et al AUST 2004 \$81.95**

Festivals and special events have grown into a massive industry worldwide, generating billions of dollars for regional centers, states, and countries. Festival and Special Event Management provides a comprehensive overview of the theory and procedures essential to managing festivals and special events.

Health & Fitness Management**Grantham et al USA 1998 \$110.00**

This comprehensive text brings conventional business management principles and operational guidelines to the unconventional business of health and fitness.

Management of Physical Education & Sport**Bucher & Krotee USA 2007 \$118.95**

This book offers a solid foundation of management concepts, skills, and techniques that enable students to develop and test the leadership, decision-making, and problem-solving required for their role in the profession of physical education and sport.

Managing Sport & Leisure**Facilities Sayers UK 1991 \$143.00**

Concise and thoroughly detailed Managing Sport and Leisure Facilities is a clean operating guide to leisure management by contract, providing expert advice for both contractor and client.

Organizing Successful Tournaments**Byl USA 1999 \$52.95**

If you have ever looked for a collection of great schedules and brackets that can be easily tailored to your events, then look no further—Organizing Successful Tournaments is the one resource that will put an end to your search!

Sport Management**Smith & Stewart AUST 1999 \$59.95**

Sports Management: A Guide to Professional Practice offers a model of sports management that casts the principles of professionalism upon the ever-expanding shores of sport and leisure administration, creating efficient yet enjoyable organisations, able to respond to the demands of contemporary sport.

Sport Marketing**Mullin et al USA 2007 \$115.50**

Sport Marketing, Third Edition, the latest version of the leading sport marketing text, directs students to a better understanding of the theoretical backbone that makes sport marketing such a unique and vibrant subject to study.

Strategic Sport Marketing**Shilbury et al AUS 1998 \$59.95**

Integrating consumer interest in sports with traditional marketing theory, this book presents a strategic sports marketing model intended to meet diverse markets of participants, sponsors, and spectators.

Contemporary Sport Management**Parks et al USA 2007 \$106.70**

This third edition, provides an excellent overview of the principles and possibilities in this dynamic industry.

Older Adults**Active Living Every Day****Blair USA 2001 \$52.95**

Active Living Every Day is the only book that offers a 20-week, self-paced plan to help you become more physically active—without requiring vigorous exercise to see results. The concepts presented in this book can be used anytime, anywhere.

Active Older Adults-Ideas For**Action Allen USA 1999 \$42.35**

This excellent manual provides a collection of 15 award-winning fitness programs for older adults. The ideas and activities, which have been gathered from programs across the country, are presented in a consistent and easy-to-understand format.

Exercise For Older Adults**Cotton et al USA 1998 \$63.80**

Never before has there been such a demand for fitness professionals who recognize and understand the special needs of older adults.

Physical Activity Instruction of Older Adult Jones USA 2005 \$92.40

The first book to detail the fundamental knowledge and skills associated with the training modules outlined in the International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults.

Physiology Of Exercise & Healthy Aging**Taylor & Johnson USA 2007 \$110.55**

As life expectancy continues to increase, so does the need to understand the factors that increase health and vitality.

Strength Training Past 50**Westcott & Bachle \$29.95**

Strength training has numerous advantages for the active adult, including enhanced athletic performance and reduced risk of disease, including decreased symptoms of arthritis, diabetes, and osteoporosis.

Sports Training**Drills For Speed, Agility & Quickness****Brown & Ferrigno 2005 \$38.95****Foundations Of Athletic Training****Anderson & Hall USA 2005 \$110.00**

Previously titled Sports Injury Management, the Third Edition has been renamed to describe its comprehensive content more accurately.

In Pursuit Of Excellence**Orlick USA 2008 \$32.95**

Reach your potential! Whether you are an athlete, a coach, or a promising high achiever in another walk of life, In Pursuit of Excellence provides the expert advice and proven techniques to help you fulfill your aspirations.

Overtraining In Sport**Kreider et al USA 1998 \$92.40**

Overtraining in Sport is the first comprehensive text on the physiological, biomedical, and psychological aspects of overtraining and overreaching in sport.

Principles Of Athletic Training**William USA 2006 \$119.95**

For students in athletic training, sports medicine, physical education, exercise science, physical therapy, and coaching, this text remains the market-leading introductory undergraduate text in athletic training.

Principles Of Athletic Training**Arnheim & Prentice \$133.95**

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Sports Power

Sandler USA 2005 \$33.95
Optimal power - the ideal combination of speed and strength- is the difference between a good athlete and a great athlete. Sports Power provides all the tools to build sport-specific power and allow you to attain the highest level of performance.

Sports Speed

Dintiman USA 2003 \$35.95
Reach your playing speed potential! As an athlete or coach who knows that faster is better, you'll appreciate the advice offered in Sports Speed.

Training For Speed Agility & Quickness + DVD

Brown et al USA 2005 \$38.95
Top sport and conditioning experts present the best information on testing, techniques, drills, and training programs available to maximize athletes' innate movement capabilities.

Training For Speed & Endurance

Reaburn & Jenkins AUST 1995 \$26.95
The contributors to Training for Speed and Endurance are sports specialists keen to bridge the gap between laboratory findings and athlete preparation.

Strength Training

Athletic Strength For Women

Oliver & Healy USA 2005 \$33.95
With women's sport performance at an all-time high and continuing to rise, you need to be faster, stronger, and more agile in order to compete. Yet, until now, no training manual has specifically addressed female athletes' physiological, biomechanical, and anatomical needs.

Basic Weight Training - Men & Women

Fahey USA 2007 \$49.95
This popular text for is a comprehensive, practical guide to developing a personalized weight-training program with both free weights and machines.

Complete Guide To Strength Training

Bean UK 2002 \$39.95
"The Complete Guide to Strength Training" is essential reading for anyone wanting to increase strength and resculpt their body.

Effective Strength Training

Brooks USA 2001 \$62.70 With expert analysis of technique for more than 100 resistance training exercises, Effective Strength Training is just the guide you need to ensure these exercises are performed correctly and with minimal risk.



Encyclopedia Of Muscle & Strength

Stoppani USA 2006 \$36.95
Finally, a research-based book that covers all facets of optimizing the development of muscle and strength.

Essential Abs

Brungardt \$24.95

Essentials Strength Training & Conditioning

NSCA & Baechle USA 2000 \$123.20
In this revised and expanded second edition of Essentials of Strength Training and Conditioning, now with over 300 color photographs, leading exercise science professionals explore the scientific principles, concepts, and theories of strength training and conditioning as well as their practical application to athletic performance.

Exercise Guide-Resistance Training

Batman & Van Chapelle AUS 1995 \$33.30
A valuable tool for anyone undertaking a program of resistance training and for professionals involved in the prescription of exercise. Use this guide to assist with exercise selection, exercise execution and muscle involvement.

Explosive Power & Strength

Chu USA 1996 \$39.55
The best in sports conditioning now combines plyometric, resistance, and sprint training, matching workouts closely to the demands and skills of particular sports.

Getting Stronger

Pearl \$43.95

High-Powered Plyometrics

Radcliffe & Farentin \$39.55
Plyometrics is an essential part of strength and conditioning programs for the top athletes in nearly every sport.

Jumping Into Plyometrics

Chu USA 1998 \$31.95

Jumpmetrics

Tyson & Cook USA 2004 \$34.05
Improve your jump performance, power, and technique! Jumpmetrics is the complete program that will give you an edge in any sport involving quick first steps, cuts, and especially jumps.

Muscle Mechanics

Aaberg USA 2006 \$34.95
Obtain optimal muscle gains using superior technique! Muscle Mechanics will teach you how to train for strength, definition, and muscle size using 65 of the most effective exercises covering all the major muscle groups.

Periodization Training Sports

Bompa USA 1999 \$35.95
In Periodization Training for Sports, Bompa demonstrates how to use periodized workouts in order to peak at optimal times by manipulating six different training phases.

Periodization-Theory & Methods of Training

Bompa USA 1999 \$70.40
Periodization is a scientifically based method for structuring short- and long-term training plans.

Resistance Training Instruction

Aaberg USA 2007 \$51.70
Ensure optimal results for your clients with the most efficient training and teaching techniques for resistance exercise.

Sculpting Her Body Perfect

Schoenfeld USA 2003 \$33.95
The best is now even better! Sculpting Her Body Perfect has helped hundreds of thousands of readers improve muscle tone, sculpt their physiques, and tone up hard-to-reach and troublesome body areas.

Strength & Power Young Athletes

Faigenbaum USA 1993 \$34.95
Help your athletes get the training edge they need today to become the sports stars of tomorrow.

Strength Training Anatomy

Delavier USA \$34.95
Strength Training Anatomy, with over 600,000 copies already sold, brings anatomy to life with more than 400 full-color illustrations.

Strength Training Anatomy Poster

Delavier \$158.95 The Strength Training Anatomy Poster Series consists of seven 24- x 31-inch full-color posters that fully illustrate every major muscle group.

Strength Training Women

Inclendon USA 2005 \$34.95
More than simple descriptions of exercises and training programs, this book explains why the exercises are important and which training program is right for you.

Strength Training for Young Athletes

Kraemer & Fleck USA 2005 \$35.95 Provides all the answers as the authoritative guide to strength development from 7 to 18 years.

Strength Training For Seniors

Westcott & Baechle USA 1999 \$56.95
Wayne Westcott and Tom Baechle, two internationally recognized weight training experts, have written this research-based guide for instructors at health clubs, YMCAs, community centers, nursing homes, retirement communities, and other organizations.

Stronger Legs And Lower Body

Roberts USA 2002 \$31.95
This comprehensive book includes strengthening and stabilizing exercises to target every area of the lower body (hips, buttocks, hamstrings, quadriceps, lower legs, and calves) making it easy for you to focus on the specific areas you need to work on.

Total Training Young Champions

Bompa USA 2000 \$39.55
Total Training for Young Champions provides coaches, instructors, teachers, and parents of potential future sports stars the best conditioning advice and programs for establishing an overall fitness base and maximizing the athletic development of young people ages 6 to 18.

Weight Training - Steps to Success

Baechle & Groves USA 2006 \$31.95
Whether your goal is improving muscular endurance, building strength, increasing muscle mass, toning, or enhancing body composition, Weight Training, Third Edition: Steps to Success will help you achieve it.

Weight Training - Steps to Success (VHS) Video

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Weight Training Fundamentals
Sandler USA 2003 \$24.95

Learning weight training basics has never been more effective—or more fun—than with *Weight Training Fundamentals*.

Womens Strength Training Anatomy
Delavier AUS 2003 \$39.55

With information on strengthening and toning the legs, buttocks, abs, and back, *Women's Strength Training Anatomy* provides full-color, detailed anatomical illustrations of exercises for these hard-to-shape areas.

Stretching & Massage

Complete Guide To Sports Massage
Paine UK 2001 \$45.00

This is a practical handbook for sports people and fitness enthusiasts who want to know more about how massage can enhance performance and reduce the risk of injury.

Complete Guide To Stretching
Norris AUS 2004 \$42.95

"The Complete Guide to Stretching" is the definitive practical handbook for sports participants and recreational exercisers who are keen to achieve a level of flexibility that will enhance their performance.

Facilitated Stretching
Mcatee & Charland \$41.10

Facilitated Stretching, Third Edition, provides a useful overview of PNF stretching - a safe and easy-to-use method that involves stretching the muscle, contracting it isometrically against resistance, then stretching it again to a new range of motion.

Full Body Flexibility
Blahnik USA 2004 \$31.95

Full-Body Flexibility presents a unique system that blends the best stretching methods from yoga, Pilates, martial arts, and sports training.

Sport Stretch
Alter USA 1997 \$31.95

This new edition of *Sport Stretch* is a complete guide to flexibility for both weekend warriors and elite competitors.

Stretch To Win
Fredrick USA 2006 \$34.95

Learn the dynamic exercise techniques that most closely represent the movements and loads that will be required of your body on the court, field, course, track, or mat or in the water.

Stretching Basics - Poster
\$25.95

This high-quality, full-color poster accentuates the importance of stretching and serving as a thorough reference-at-a-glance for fitness enthusiasts or athletes.

Stretching For Healthy Back - Poster
\$25.95

This high-quality, full-color poster presents 14 safe, effective stretches for eliminating pain and building strength in this crucial area of the body, with easy-to-read instructions for every stretch pictured.

Stretching DVD-Walker
AUST 1998 \$29.95

Stretching Handbook
Walker AUST 1998 \$29.95

Stretching
Anderson USA 2000 \$32.25

This is the book that people tell their friends about, that trainers recommend for virtually every sport and activity, and that medical professionals recommend to people just starting to get back in shape.

Testing Your Flexibility Poster
\$29.65

This high-quality, full-color poster depicts 13 simple tests for testing range of motion for all major joints and muscle groups, with easy-to-read instructions for every test pictured.

Yoga & Pilates

Aussie Pilates Floor 02 DVD
Pilates Inst. Aust AUST 2003 \$49.94

This AUSSIEpilates™ Floor 02 is a new comprehensive program designed to give you greater awareness through the more challenging aspects of the AUSSIEpilates™ Method. (59 mins.)

Aussie Pilates Floor 03
Pilates Inst Of Aust AUST 2003 \$49.94

This AUSSIEpilates™ Floor 03, *Advanced Routine is the Challenge!* This routine is for those who have found that all other programs are great, but they now require a further challenge! Make sure you're in good shape for this one! (47 mins)

Hatha Yoga Illustrated
Kirk \$25.95

Morning Pilates Workout
Murakami USA 2007 \$29.95

Nine workout options include light, moderate, and high-effort routines lasting for 20, 40, and 60 minutes. Numerous poses, warm-up options, and breathing techniques allow you to reduce stress and improve flexibility.

Pilates Body In Motion
Ungaro \$19.95

Starting with the foundation for all the exercises, Pilates presents an in-depth treatment of mat work, including photo illustrations and detailed breathing instruction to help you perform the movements correctly.

Yoga - Lifelong Vitality
Polet-Kittler \$27.95

Yoga - Tips For Success
Polet-Kittler GER 2002 \$17.95

This book describes a one-month cycle, including exercises for each day. It is highly suited to people who wish to practice yoga in the home, in groups or associations as well as in sport and fitness centres.

Yoga Anatomy Kaminoff \$34.95
See inside every yoga pose! With clear, expert instruction and full-color, detailed anatomical drawings, *Yoga Anatomy* depicts the most common asanas to provide a deeper understanding of the structures and principles underlying each movement and of yoga itself.

YogaFit (Book & Video)
Shaw 2001 USA \$67.95

YogaFit combines aerobic exercise with strength- and flexibility-building yoga to create a TOTAL body workout that will interest the fitness buff as well as the yoga enthusiast.

YogaFit Video
Shaw \$43.95

This book describes a one-month cycle, including exercises for each day. It is highly suited to people who wish to practice yoga in the home, in groups or associations as well as in sport and fitness centres.



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