



The Complete Guide to Suspended Fitness Training (Complete Guides)

Ben Pratt

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The Complete Guide to Suspended Fitness Training is a comprehensive resource - packed with training ideas and how the equipment can be used to improve functional strength, stability, rehabilitation as well as sports-specific training.

This is ideal reading for anyone interested in fitness and weight training, and how get the most out of this equipment for their training programme or that of their clients.

Includes information on:

Types of suspension systems and attachments

The benefits of suspended fitness training

Safety considerations

Upper body, lower body and core exercises progressions and variations as well as common faults

Beginner, intermediate and advanced programmes and sessions

Training sessions for sports.

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