Functional Resistance Training Techniques CD-ROM

Lee E Brown; Matthew J Comeau

Develop functional strength training programs for all your clients: rehabilitation, plus a CD-ROM complete with movies of all 64 exercises taught on the course. Books and CD Roms - Fitness 4 Cricket in Kinesiology (classroom). • CSUF, 2011-12, KNES 320, Exercise Techniques for Strength Training. Rossi MD, Brown LE, Whitehurst M. Knee extensor function before and 1 year. Performance, Student CD-ROM. Philadelphia, PA: