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Periodization Excel Templates

Elaine Pofeldt



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Cross-Training For Dummies Tony Ryan, Martica Heaner, 2011-06-15 Anyone can get into a fitness rut You could be exercising regularly but feeling unmotivated about your current routine Or you could be enjoying your workouts but not getting the results you really want You can even be on health club hiatus and looking for a way to get back into exercise mode Whatever your situation cross training is a practical solution Cross training is a well rounded way of approaching exercise It allows you to vary your workouts so you can inject a little excitement into your fitness routine while you receive better results out of your exercise plan If you have a real thirst for fitness knowledge then Cross Training For Dummies is for you Whether you just want to use cross training as a way to spice up a dull workout routine or you're looking to develop specific skills that will enhance your performance in a specific activity or sport this book can get you on track Cross Training For Dummies will keep you motivated interested strong and injury free as you strive to improve your level of fitness From savvy tips that'll turbo charge your workouts to great advice on weight lifting fitness activities and team sports this book has just what you need to advance to a higher level of fitness Cross Training For Dummies also covers topics that will help you to Assess your fitness level Set personalized exercise goals Have fun with individual and team sports Incorporate kickboxing Pilates spinning and other cutting edge workouts into your routine Understand the five elements of fitness Challenging your body to new fitness levels is hard work but the results are well worth it Cross Training For Dummies will help you understand how cross training works and show you how to put together a well balanced training program that will keep you happy and healthy

The Million-Dollar, One-Person Business, Revised Elaine Pofeldt, 2018-01-02 The self employment revolution is here Learn the latest pioneering tactics from real people who are bringing in 1 million a year on their own terms Join the record number of people who have ended their dependence on traditional employment and embraced entrepreneurship as the ultimate way to control their futures Determine when where and how much you work and by what values With up to date advice and more real life success stories this revised edition of The Million Dollar One Person Business shows the latest strategies you can apply from everyday people who on their own are bringing in 1 million a year to live exactly how they want

Implementing Time Lines in Microsoft Excel Templates Charles W. Kann (III.), 2017 Microsoft Excel is extremely useful for many different types of digital scholarship projects This one looks at the ability of Excel to create time lines for historical projects using an Excel template developed for project time lines

Excel Templates for Students (Web) Timothy Gallagher, 1999-07-31

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