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Also lower 3–4 ribs and bottom (inferior) edge of scapula
Insertion Top of the humerus (anterior) Joint crossed
Shoulder (glenohumeral) joint Joint action Origin fixed:
adducts and extends arm. Assists in medial rotation of the arm.

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Aimed at fitness professionals, coaches and sportspeople, this is the definitive guide to lifting maximum weights from beginner level through to advanced. This applies to those

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who wish to build body strength and bulk as well as people wanting to improve their performance in a range of other sports. Heavy weights are very popular in gyms but there is a lack of supervision and good instruction. This is not only dangerous to the gym user but also bad news for the gym, and it prompted the Register of Exercise Professionals (REPS) to authorise a range of new courses designed by the book's author. The Complete Guide to Lifting Heavy Weights is required reading for students taking these courses, and an essential guide for anyone who works with or supervises the use of heavy weights. As with all titles in the Complete Guide series it is packed with information, tips, strategies and training plans. Well-illustrated and authoritative, it covers everything you need to know to deal with heavy

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weights safely and successfully.

Fitness Professionals: Pilates Method is the first book to be written for the specific needs of Pilates instructors. It contains everything a new teacher needs to know in order to pass the national qualification and is an ideal reference for experienced instructors. Pilates is one of the most popular - and fastest growing - group exercise classes in the UK. For many years it has not been possible to write a definitive book for instructors as there have been many different schools of teaching. However, these have recently been brought together under a single national assessment, meaning that all Pilates instructors must have the same foundation knowledge. This book will cover these

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foundation subjects, which include: anatomy the key principles of Pilates assessment structuring a session teaching a session. Written to the requirements of the national standards, this book contains everything an instructor needs to know in order to successfully teach Pilates.

The ACE Personal Trainer Manual is an essential study tool for the ACE Personal Trainer Certification Exam and an excellent fitness and exercise resource students will use throughout their health and fitness careers. This Third Edition reflects the latest research findings and industry guidelines in the field of health and fitness. Revised and updated by the original authors and enhanced by the

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addition of a new chapter on health behavior and psychology, this text covers every aspect of personal training, from anatomy and physiology to injury prevention and legal issues.

Do you think that earning a living from your love for exercise is a stretch? It's not. Careers in fitness are one of the fastest-growing segments of the US job market, and leading the way are personal trainers. In fact, the ranks of personal trainers have jumped by almost 50 percent over the last ten years, and there is no sign of this job growth slowing up any time soon. Young and old, men and women, people of all income levels are signing up for fitness classes and personal training sessions at an ever-increasing rate. With obesity

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being blamed for many of the health problems that people face today, thousands of people throughout the nation are determined to shed their extra weight. These people are turning to personal trainers to assist them in reaching that goal. Reality television shows like The Biggest Loser have proven that no matter how overweight people are, they can slim down and learn how to stay fit with the aid of a knowledgeable personal trainer. Those who are already in good physical shape and want to stay that way also pay personal trainers to fine tune their exercise routines and provide expertise on the latest fitness trends. Athletes, dancers, rock singers, actors, and others whose professional careers rely on being in shape, retain personal trainers to keep them in peak form. Corporations bring in personal

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trainers to help top executives stay at their physical best. Today, more than ever before, the emphasis is maintaining good health by exercising and eating properly, and personal trainers can provide valuable insights in both these areas. Fitness is a service industry. Every client is different, every client needs an individualized exercise program. Being a personal trainer is not a job that can be taken over by automation or outsourced to another country. This is work that needs to be done face to face, and your clients come to rely on your services. You become an important part of their weekly routine, and you tweak their fitness programs as they go through life. Outstanding personal trainers can keep their clients for many years. When your clients look and feel good, you are rewarded. The job takes discipline and

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dedication. Personal trainers have to stay focused and must keep their clients motivated. You are working with people one-on-one. You are in charge of their exercise regimens, and that makes being a personal trainer a results-oriented job. Whether they love to exercise or don't, your clients want to look in the mirror and be happy with what they see. If they aren't, they may not continue working out with you. Successful personal trainers don't let their clients slack off. That means pushing clients to reach new fitness goals during every workout session, even though there are going to be days they just don't want to exercise. Each time you take on a client, you are putting your reputation on the line. With every success, the demand for your services grows, along with increased earnings. This Careers Report contains

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a wealth of unbiased information about an occupational field, based on direct interviews with reliable experts. Careers Reports cover attractive and unattractive sides, opportunities, education necessary, personal qualifications required, earnings, descriptions of different job specialties, first person accounts by those in the field, and how to get started; including practical advice on what to do now. There are links to schools and colleges, associations, periodicals and other sources of useful information. Careers Reports are the results of impartial research that will give you answers for today and tomorrow. Careers Reports will help you choose the work which will fulfill your life and reward your expectations. You may not know what you want to do -- even what there is to do. There never was a time when

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selecting a career was more important . . .or more baffling.

BiCMOS Technology and Applications, Second Edition provides a synthesis of available knowledge about the combination of bipolar and MOS transistors in a common integrated circuit - BiCMOS. In this new edition all chapters have been updated and completely new chapters on emerging topics have been added. In addition, BiCMOS Technology and Applications, Second Edition provides the reader with a knowledge of either CMOS or Bipolar technology/design a reference with which they can make educated decisions regarding the viability of BiCMOS in their own application. BiCMOS Technology and Applications, Second Edition is vital reading for practicing

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integrated circuit engineers as well as technical managers trying to evaluate business issues related to BiCMOS. As a textbook, this book is also appropriate at the graduate level for a special topics course in BiCMOS. A general knowledge in device physics, processing and circuit design is assumed. Given the division of the book, it lends itself well to a two-part course; one on technology and one on design. This will provide advanced students with a good understanding of tradeoffs between bipolar and MOS devices and circuits.

Do you want to be slim, healthy and fit? Are you over 40 and confused about what your exercise plan should look like? Are you discouraged and ready to give up? If so, Strength Training For Life is the perfect book for you! This book will

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teach you everything you need to know about weight lifting and muscle building for achieving your body's natural potential. It will show you exactly how often and at what pace to exercise, and help you design a personalized fitness plan that will show real, visible results! Do you know how important it is to exercise when you're over 40? Did you know that proper fitness at a mature age can preserve your cardiac health, improve your social activity, benefit your mental health, and help slow down the effects of aging? It's true! Regular and correct exercise can preserve the youthful liveliness and vigor that you so badly want! But, proper exercise is never as easy as it seems, is it? You don't know how to fit workouts into your schedule, your physical strength may have diminished, and you feel like you're a lot

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less flexible than you used to be. All that's about to change! With a little bit of learning, you'll know exactly what to do and how to do it to regain your exercise potential and retrieve the energy you once had. This book will show you how to: Exercise successfully at a mature age Diet and exercise to get your weight down, and even strengthen your immune system and prevent disease Understand your body's natural capacity to endure stress, build muscle, recover, and maintain flexibility Learn the right pace for exercise and the expected timeframe to achieve the desired results Plan the most suitable and effective exercises for your body type Cut through the confusion and misconceptions about weight lifting, strength and muscle-building Attain a stronger, leaner body, with more defined

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muscle mass, and less body fat Achieve good cardiovascular condition, leading to better health and well-being Design a healthy, sustainable diet plan that supports working out after 40 and... MUCH, MUCH MORE! This book will show you how to overcome the common obstacles to exercising after 40. It will show you how to deal with stress, lack of energy, less flexibility, pain, and setbacks. You will learn how to adapt your workouts to avoid overstrain and injury, and so much more! It will help you set the right goals for your body and feel motivated start to finish! With this book, it will become crystal clear which exercises your body needs, how often to do them, how to do them and how to get ready, how to rest afterward to enhance your shape, and how to fit exercise into your busy schedule. This won't be yet another

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ambitious list of demanding exercises that will be out of your reach. This book is perfectly suited to the real-life needs of real-life people! So, what are you waiting for? Click "Buy Now" and gain instant access to your ideal exercise list and schedule! Find out the true properties and potentials of your body type, its unique dietary needs to support exercise after 40, and ready-to-use workouts and diet routines that you can start applying RIGHT NOW! Strength Training For Life is waiting for you just around the corner!

Drawing on decades of experience in training yoga teachers, Donna Farhi offers the first book to set professional standards for yoga teachers. Teaching Yoga explores with depth and compassion a variety of topics both practical and

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philosophical, including how to create healthy boundaries; the student-teacher relationship (including whether a sexual relationship is acceptable); how to create physical and emotional safety for the student; what is a reasonable class size; how much a class should cost; and how to conduct the business of teaching while upholding the integrity of yoga as a philosophy, a science, and an art.

Summary Go from zero to production readiness with Docker in 22 bite-sized lessons! Learn Docker in a Month of Lunches is an accessible task-focused guide to Docker on Linux, Windows, or Mac systems. In it, you ' ll learn practical Docker skills to help you tackle the challenges of modern IT, from cloud migration and microservices to handling legacy

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systems. There ' s no excessive theory or niche-use cases—just a quick-and-easy guide to the essentials of Docker you ' ll use every day. Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications. About the technology The idea behind Docker is simple: package applications in lightweight virtual containers that can be easily installed. The results of this simple idea are huge! Docker makes it possible to manage applications without creating custom infrastructures. Free, open source, and battle-tested, Docker has quickly become must-know technology for developers and administrators. About the book Learn Docker in a Month of Lunches introduces Docker concepts through a series of brief hands-on lessons. Following a learning path

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perfected by author Elton Stoneman, you ' ll run containers by chapter 2 and package applications by chapter 3. Each lesson teaches a practical skill you can practice on Windows, macOS, and Linux systems. By the end of the month you ' ll know how to containerize and run any kind of application with Docker. What's inside Package applications to run in containers Put containers into production Build optimized Docker images Run containerized apps at scale About the reader For IT professionals. No previous Docker experience required. About the author Elton Stoneman is a consultant, a former architect at Docker, a Microsoft MVP, and a Pluralsight author. Table of Contents PART 1 - UNDERSTANDING DOCKER CONTAINERS AND IMAGES 1. Before you begin 2. Understanding Docker and running

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Hello World 3. Building your own Docker images 4. Packaging applications from source code into Docker Images 5. Sharing images with Docker Hub and other registries 6. Using Docker volumes for persistent storage PART 2 - RUNNING DISTRIBUTED APPLICATIONS IN CONTAINERS 7. Running multi-container apps with Docker Compose 8. Supporting reliability with health checks and dependency checks 9. Adding observability with containerized monitoring 10. Running multiple environments with Docker Compose 11. Building and testing applications with Docker and Docker Compose PART 3 - RUNNING AT SCALE WITH A CONTAINER ORCHESTRATOR 12. Understanding orchestration: Docker Swarm and Kubernetes 13. Deploying distributed applications as stacks

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in Docker Swarm 14. Automating releases with upgrades and rollbacks 15. Configuring Docker for secure remote access and CI/CD 16. Building Docker images that run anywhere: Linux, Windows, Intel, and Arm PART 4 - GETTING YOUR CONTAINERS READY FOR PRODUCTION 17. Optimizing your Docker images for size, speed, and security 18. Application configuration management in containers 19. Writing and managing application logs with Docker 20. Controlling HTTP traffic to containers with a reverse proxy 21. Asynchronous communication with a message queue 22. Never the end

A revised and updated second edition of the popular Complete Guide to Personal Training. Aimed at anyone

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working as, or training to be a Personal Trainer. The text will be revised throughout, with a new chapter on fitness testing (around 32pp new content) It will also include new sections on HIIT, CrossFit, adapting exercises for outdoor spaces, as well as updates to the nutrition chapter to reflect current thinking and updates to the Occupational Standards which have changed since the last publication in August 2013. This is a complete reference guide for fitness professionals who prescribe exercise programmes to clients. This guide contains practical tips for designing a range of appropriate client exercise programmes but always with a focus on the best ways you can sustain a financially successful business in this area and how you can stand out from the crowd. It includes: The foundations of personal training; Planning and

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delivering exercise programmes; Training methods and exercise techniques; Nutrition; Health and safety; Setting up, marketing and growing a successful business.

Personal Training: Theory and Practice draws together the personal, practical and business skills central to becoming a successful personal trainer in one unique volume. This accessible new book introduces the fundamentals of applied exercise prescription and programme design, as well as advanced concepts such as nutritional intervention, postural analysis and the psychology of behaviour change. It provides authoritative coverage of:

- practical aspects of personal training – stability, functional exercise, sport specific training and speed development
- all the latest

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fitness methods · weight loss, diet and nutrition · key business skills including professional conduct, presentation and marketing Personal Training: Theory and Practice is the ideal companion both for those embarking on a career in personal training and for experienced trainers.

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